Commenda-
tions from :
Eminent : :
Men : : : :



What a Man of 45
Ought to Know

COMMENDED BY ELISHA B. ANDREWS
The Eminent American Educator



ELISHA BENJ. ANDREWS, D.D., LL.D.

Chancellor University of Nebraska; author of "Institutes of Constitutional History, English and American," "Institutes of General History," "Institutes of Economics," "History of the United States," etc.

"These books are altogether admirable—cannot but advance purity, health and happiness."

COMMENDED BY WILLIAM T. STEAD
The Eminent English Editor and Author



WILLIAM T. STEAD

Editor of Review of Reviews, London, Eng.
Author of "The Story That Transformed the World," "If Christ Came to Chicago," "Labor War in United States," etc.

"It is absolutely necessary in the interest of future generations that indispensable information upon the most important of all subjects should be accessible to everyone. That you have accomplished this task so successfully must be the subject of lasting satisfaction to you and your staff."

COMMENDED BY JOHN R. MOTT
The Eminent American Christian Worker



JOHN R. MOTT

Y. M. C. A. Official, Chairman Executive Committee Student Volunteer Movement, General Secretary World's Student Christian Federation, Foreign Secretary International Committee Y. M. C. A. Author of "Strategic Points in The World's Conquest," "Christians of Reality," etc.

"I am familiar with the numbers of the series prepared for men and can recommend them most heartily."

COMMENDED BY W. H. P. FAUNCE
The Eminent American Educator



WILLIAM H. P. FAUNCE, D.D., LL.D.
President Brown University.

"I have long been familiar with the 'Self and Sex Series.' I believe these books have done great good and are of exceeding value."

COMMENDED BY A. M. HAGGARD
The Eminent American Educator



ALFRED MARTIN HAGGARD, A.M., D.D.

Dean Bible College, Drake University,
Des Moines, Iowa.

"I have made examination of the 'Self and Sex' series of books. I most heartily recommend them. I look upon this work as a real piece of philanthropy. The man who sells them is a missionary."

COMMENDED BY REV. F. B. MEYER

The Eminent English Preacher and Author



REV. F B. MEYER, B.A.

Minister of Christ Church, Westminster, London, Author of "Israel, A Prince with God," "Elijah; Tried by Fire," "The Bells of Is," etc., etc.

"The questions which are dealt with in the 'Self and Sex Series' of books are always being asked, and if the answer is not forthcoming from pure and wise lips it will be obtained through vicious and empirical channels. I therefore greatly commend this series of books, which are written lucidly and purely, and will afford the necessary information without pandering to unholy and sensual passion. I should like to see a wide and judicious distribution of this literature among Christian circles."

COMMENDED BY REV. HORACE PORTER
The Eminent American Preacher



REV. HORACE PORTER
Formerly Associate Pastor with Drs. Abbott and Hillis of Plymouth Church, Brooklyn

"I regard Stall's Books in the 'Self and Sex Series' as a Godsend to this generation. In my opinion no other one man has done so great a service to his fellow-men, even in all history, as Dr. Stall is doing through these books. They reach the very foundations of life on which all character is built."

COMMENDED BY THE PRESS

"The character of this book's contents is plainly indicated by its title, and readers will find that the sixteen chapters furnish reliable information and are written with simplicity and common-sense."

—*Kindergarten Review.*

"This book is conscientiously and ably written and deals with the topic in an intelligent manner. It can be safely commended to the notice of physician and laymen."

—*Medical Standard.*

"The author apprises laymen of what all intelligent physicians admit; prepares his readers to solve the mysteries of those changes, and by intelligence to escape the sad consequences of ignorance."

—*The Christian World.*

"The man at forty-five is, on the average, no wiser in regard to himself, his powers, his needs, and the changes going on in his physical nature, than the boy or youth. Bitter experience teaches him, but probably he will keep the information a secret, and the next man must learn by experience."

—*Annals of Gynecology and Pediatry.*

COMMENDED BY THE PRESS

"To many men the guidance of this book will be a timely benediction."

—*The Nashville American.*

"This book sets forth the changes which take place in physical life as years go on, and the corresponding physical culture and duty which men owe to themselves and their families in clear and plain words."

—*New York Observer.*

"It is the intention of the author to save men from the consequences of that which can be avoided only by intelligence. The book should have a wide and careful reading."

—*Milwaukee Journal.*

"The treatment of this subject is honest and fearless, but it is pure, and to very many men its statements will come as a real blessing."

—*Westminster.*

"It is full of information and good instruction to the ignorant, warning for the transgressor, and hope for the pure-minded and noble."

—*Signs of the Times.*

"It is a helpful book, and in all important particulars sound in its medical statements."

—*Baltimore Sun.*

COMMENDED BY THE PRESS

"In this volume those who have passed the prime of life may learn the physical changes which they are about to undergo, and its information and advice will aid them to escape the dangers which they would likely fall into through their ignorance."

—*Reformed Church Messenger.*

"The author bases what he says on the difficult and delicate subject which he is handling from the statements of trustworthy physicians. We consider his work a safe and useful guide. Those who heed its hints and warnings will have reason to bless its author as a true friend and brother."

—*Lutheran Standard.*

"This book is the utterance of one who has an accurate knowledge of men on their physical as well as their moral side, and the man who fails to read it may, indeed pick up the information it contains elsewhere, but never in so brief a compass and so readily apprehensible."

—*Brooklyn Citizen.*

"This book will place within the reach of men that intelligence and sympathy which will mitigate the trials and struggles through which men pass during this period."

—*Georgia Journal of Medicine and Surgery.*

COMMENDED BY THE PRESS

"Dr. Stall is the first to attempt to give to the middle-aged the information which they need for a proper directing of their lives, and for this helpful book all must feel grateful."

—The American Mother.

"The popularity of Dr. Stall's writings is largely due to the healthy tone which pervades his expressed thoughts. The author in this book expresses himself in a comprehensive, yet thoroughly concise manner which holds the attention."

—Experience.

"This book contains matter of great importance which is designed to promote clean, wholesome and happy living. It is a book which one should sit down to alone, read inwardly, digest by himself alone in the spirit of the divine Word."

—The Evangelist.

"The changes attendant upon this time of life affect the mind and soul as well as body, and men almost as much as women, the men are far more ignorant of them than the women. We wish for this wise and noble book the very widest circulation."

—The Christian Endeavor World.

"Dr. Stall bases what he says on the difficult and delicate subject which he is handling on the statements of trust-worthy physicians. We consider this book a safe and useful guide. Those who heed its hints and warnings will have reason to bless its author as a true friend and brother."

—Lutheran Standard.

FOREIGN TRANSLATIONS OF STALL'S BOOKS



PUBLISHERS:

FRENCH: J. H. JEHEBER,
Rue du Marché 28, Geneva, Switzerland

GERMAN: VERLAGSBUCHHANDLUNG WITT,
Steglitzerstr. 80, Berlin W. 35, Germany

DUTCH: HÖVEKER & WORMSER,
Kalverstratt 154, Amsterdam, Holland

And Church Street, W., Box 724,
Pretoria, South Africa

SWEDISH: BOKFÖRLAGS AKTIEBOLAGET PURITAS
Drottninggatan 20, Stockholm, Sweden

SPANISH: BAILLY-BAILLIERE É HIJOS,
Plaza de Santa Ana 10, Madrid, Spain

JAPANESE: METHODIST PUBLISHING HOUSE,
Tokyo, Japan

BENGALI: REV. A. JEWSON,
24 Royd Street, Calcutta, India

TELEGU: CHRISTIAN LITERATURE SOCIETY FOR
INDIA, Madras, India

URDOO: PUNJAB TRACT SOCIETY, Punjab, India



SYLVANUS STALL, D.D.

PRICE $1.00 NET
4s. NET

PURITY AND TRUTH

Self and Sex Series

WHAT A MAN OF FORTY-FIVE OUGHT TO KNOW

BY

SYLVANUS STALL, D.D.

Author of "What a Young Boy Ought to Know," "What a Young Man Ought to Know," "What a Young Husband Ought to Know," "Methods of Church Work," "Five-Minute Object Sermons to Children," "Talks to the King's Children," "Bible Selections for Daily Devotion," etc., Associate Editor of the "Lutheran Observer."

PHILADELPHIA, PA.: 200–214 N. FIFTEENTH STREET.

THE VIR PUBLISHING COMPANY

LONDON: 7, IMPERIAL ARCADE, LUDGATE CIRCUS, E. C.

TORONTO: WM. BRIGGS, 33 RICHMOND STREET, WEST

PREFACE.

No apology is needed for the issuing of this book. Men of forty-five are generally as ignorant of the changes which attend those who enter upon that period, which has been aptly called "the youth of old age," as boys of fourteen are of the changes which attend the period of adolescence. Most men of forty have not so much as learned that the physical nature of the male undergoes any change at the period of middle life. Some know something of the physical change in the life of woman, but of its great significance, they are largely ignorant. Knowing so little of these changes, the man of middle life becomes a mystery to himself, and fails to bring to his wife that intelligence and sympathy which would so much mitigate the trials and struggles through which she passes during the climacteric period.

The modifications in the physical nature of man which are named in this volume do not all come at forty-five or even fifty years of age to men who are in good bodily vigor. However, they may, and oftentimes do, come to men at a somewhat earlier period; and that all men may be duly apprised of the changes which are sure to come to them sooner or later, we have in the following pages usually addressed ourselves to men of about this age.

While the consideration of the changes which come at middle life and the infirmities which are likely to attend the closing period of life is depressing in its extended contemplation, we have sought, nevertheless, to present such hopeful and helpful features of this important subject as are calculated to bring inspiration and benefit to those who enter upon its changes with intelligence and wisdom.

We cannot at this time deny ourselves the pleasure of thanking the thousands of noble men and women everywhere whose hearty commenda-

tions and helpful coöperation have already secured for the books in this series a circulation of nearly one hundred thousand copies.

When fifteen years of age God placed in the author's mind the primal thought out of which this series has grown. Twenty-five years ago the author covenanted to undertake this work, and this fourth book in the series is sent out with a sense of profound gratitude to Him who has led step by step toward the completion of this difficult and delicate undertaking.

SYLVANUS STALL.

PHILADELPHIA, Pa., U. S. A.,
January 24, 1901.

CONTENTS.

PART I.

WHAT A MAN OF FORTY-FIVE OUGHT TO KNOW CONCERNING HIMSELF.

CHAPTER I.

PHYSICAL CHANGES IN MEN AT MIDDLE LIFE.

CHAPTER II.

EVIDENCES OF CHANGE.

CHAPTER III.

MANIFESTATIONS OF THE CHANGE.

CHAPTER IV.

THE TESTIMONY OF MEDICAL MEN.

CHAPTER V.

COMPENSATIONS.

PART II.

WHAT A MAN OF FORTY-FIVE OUGHT TO KNOW CONCERNING HIS WIFE.

CHAPTER XIII.

REPELLENT PEOPLE AND REPELLENT PERIODS.

CHAPTER XIV.

CHANGE OF LIFE IN WOMAN.

CHAPTER XVII.

ATTENDANT PHYSICAL CHANGES.

CHAPTER XVIII.

MENTAL MANIFESTATIONS DURING THE MENOPAUSE PERIOD.

PART I.

What a Man of Forty-five Ought to Know Concerning Himself.

CHAPTER I.

PHYSICAL CHANGES IN MEN AT MIDDLE LIFE.

The Periods of Seven Years in Human Life —Ten of These Periods Make the Biblical "Three-Score and Ten."—Intelligence Suited to Each Period.—Prevalent Ignorance Concerning the "Change of Life" in Men —Sad Results of Such Ignorance.—Reasons for Change in Physical Life of Man Stated.

HUMAN life seems to be divided into periods of about seven years. At seven years of age, the infant enters upon childhood; at fourteen, the boy enters upon manhood; at twenty-one, he enters upon the beginnings of the period of maturity. At the seventh period of seven years, or at forty-nine years of age, most men enter upon what has been aptly called "the youth of old age," and at the end of ten of these periods of seven years, or at "three-score years and ten," the Bible

sets the allotted period of human life. The length of these periods is affected somewhat by the heredity, health, vitality and physical endurance of the individual. There are some who lack in physical endurance, or who mature early in life, and with such these periods may be somewhat shortened, while upon the other hand there are some whose splendid heredity, physical endowments, and temperate mode of life secure for them some lengthening of these periods. But, as we have said, these are about the average or normal periods of human life.

What the infant should know when it has entered upon childhood, and has turned its face toward the developing years is told in the book in this series addressed to young boys, and that knowledge which is essential for the safeguarding of the purity and strength of those who have passed the period of puberty and have entered upon the years which lead up toward mature manhood, has been told in the book addressed to young men, and the in-

formation necessary for those who have attained to years of maturity, and who look forward to marriage and paternity is told in the volume addressed to young husbands. To some it may seem strange that any added information should be necessary to men who have attained the years of middle life, yet our conferences with men between the ages of forty and fifty have developed the fact that men of forty-five are as ignorant of the important changes which have begun or are soon to take place in their bodies, as the boys who approach the period of fourteen are with reference to the changes which attend the transition from boyhood to manhood. If, in that important developing period for lack of knowledge, the young boy falls into vice, he measurably blights the strength and power of the years which lie before him. In like manner, if through lack of intelligence, at the period of middle life, the man fails to recognize the natural limitations of his powers, if he is unable to understand

the changes through which his physical nature is passing, or fails to comprehend the revolution which is being wrought in the reproductive nature of his wife, he will be sure to suffer consequences which are far-reaching in their character.

It is safe to say that very few men who have not had their special attention called to the subject, know anything of the character, and much less the reasons why these great changes should take place at this period in the bodies of both men and women. The lack of intelligence at just this juncture has resulted in the wrecking of thousands of homes, and the blasting of multitudes of lives that might have continued in blessing and beauty until the allotted period of human life had been fully attained.

In order to understand what these changes are, why they should take place at this period, and how they affect the entire being, physically, intellectually and socially, it is necessary to recall the great purpose which God

had in mind in endowing man with reproductive power. Instead of continuing to create each individual separately, as in the instance of Adam and Eve, God took His creative power and endowed those whom He had created with *pro*-creative power. In order that men and women might not shrink from the burdens, pains and perils which parenthood involves, the reproductive impulse was made sufficiently strong to overcome the difficulties which would otherwise have greatly hindered, if not wholly prevented its exercise, and which would speedily have resulted in the extinction of the human race.

But it was not sufficient that man should simply perpetuate the race; he was to be endowed with procreative power only during that period of his existence when he could transmit to his offspring the best physical, intellectual and moral endowments. Men and women were to be permitted to beget and bear children up until that age when the expectancy of human life

still had in reserve for them a sufficient number of years during which their offspring might enjoy the advantages of home, of nurture, education and development, and attain to the years of independent manhood and womanhood before the parents had reached the end of the allotted period of human life.

In order to insure the transmission of the best endowments—and as no person can transmit what he does not possess—the transmission and conception of life is withheld from children during their growing years, and the period of largest fruitfulness is granted with the early vigor attendant upon the attainment of the full maturity of manhood and womanhood, and this power diminishes gradually as the physical powers wane with increasing years, and is again withdrawn when the climacteric period of middle life has been attained, and disintegration and decay* begin their slow and, at first, imperceptible change. Man was not made sentient that he might be sensual, but the reproductive inclina-

tion has as its great primal purpose the perpetuity of the human race. When once that great primal purpose has been fully accomplished, the inclination and the power to procreate gradually diminishes, and finally wholly disappears.

CHAPTER II.

EVIDENCES OF CHANGE.

Prevalent Skepticism Concerning the Climacteric in Men at Middle Life.—Old Men Who Become Fathers.—Old Men Who Vaunt Themselves After They Have Lost All Sexual Power.—Vicious Men Tantalized by Corrupt Mind When Old.—Husband and Wife Sexually Complemental.—Together They Constitute a Reproductive Unit.—Masculine and Feminine Natures Harmonized and Adjusted Each to the Other.—Corresponding Changes Take Place in Both.—Less Marked in Man.—The Mating Instinct Universal.—Sexual Inclination of Male and Female Responsive in Activity and Repose.—Harmonious Waxing in Early Life.—Harmonious Waning in Middle Life.—The Age at Which They Occur.

OUR knowledge of the ideas prevalent among most men forces upon us the conviction that what we have said upon the subject of the physical changes which take place in the male at middle life will be received by many men with doubt and misgiving. Most men who are under forty-five years of

age, and women who have passed on far beyond that period of life, have occasionally learned of men of sixty years of age and upwards, who have married young wives, and after a period of sexual repose and recuperation, have become the father of one or more children. Reasoning from these rather exceptional cases, it is perhaps generally supposed by the uninformed that virility uniformally continues in man for an almost indefinite period. Many younger men are also deceived because old men who have led impure lives continue to vaunt their corruption of thought and speech, even after they have lost all sexual power, and the uninformed suppose that these senile old men still actualize the evil of which they so boastingly speak. The listener does not always know that the mind continues to grow increasingly corrupt even after sexual power has wholly departed.

The uninitiated may oftentimes be very greatly deceived as to the actual physical conditions of those who have

led a dissolute and vicious life by the additional fact that old men of this class often support a private prostitute, and sometimes even at a considerable cost. But this is frequently done, not only where capacity has long since departed, but where the individual does not even possess erectile power. Such a course can only be understood when we remember that where an individual leads a vicious and corrupt life the mind continues to become increasingly debased and polluted as the years go on, even to the end of life; and it is this fact that adds such awful significance to that wonderful declaration in the book of Revelations, where it says, "He that is filthy, let him be filthy still"—teaching that in the next world, as in this, those who are righteous and pure continue in their progression, becoming more pure and more righteous, while those who are vicious become more and more corrupt, attaining unto that hideous and repellent degradation which was pictured by Doctor Todd and which we

quoted in the closing paragraphs of the second volume in this series addressed to young men. Something of the aggravating nature of such a corrupt mind, to one who has lost all physical power, is pictured in the word tantalize—a word derived from "Tantalus" the fabulous Phrygian king, who was condemned to stand up to his chin in water, with a tree of fair fruit over his head, both of which, as he attempted to allay his hunger or thirst, fled from his approach.

Multitudes of men who know something of the physical changes which take place in women at the period of middle life are wholly unconscious that somewhat corresponding changes take place in the physical life of man at about the corresponding period. That such should be the case, can be readily understood when we remember that men and women are sexually complemental to each other, and that together they constitute a reproductive unit. It is not difficult to understand that that Infinite Wisdom which has

so beautifully adapted and adjusted the reproductive natures of man and of woman for the high and holy purposes contemplated in their marriage—in early years equalizing, harmonizing and adjusting each to the other, and preserving the equilibrium through the years for about a quarter of a century—should continue to harmonize and equalize the reproductive nature and impulses of the two individuals who have entered upon marriage at a period of equal maturity. If the wife is to lose her power to conceive and to bear children, it is but reasonable to expect, that the natures, which have during the long years of wedded life been suited to each other as the different parts of a complex but perfect machine, should now find, both in the husband and in the wife such mutual physical changes as should continue to harmonize their lives during the remainder of their days.

In man the outward manifestations of these physical changes, so far as they relate to the reproductive func-

tion are not as pronounced as in woman, and whereas the physical and mental stress through which both pass are not so decided or manifest in man as in woman, therefore fewer men, even at forty-five years of age, understand either the changes which await them or the significance of such changes when they do take place.

Nor are these the only reasons. In their earliest beginnings men are not so likely to discover these changes in themselves, and because of the natural love of prowess and power, men are very slow to confess these changes, even to themselves, and much less to others. The sensual and the vile are further actuated by the love of deception—the deception of themselves and the deception of others. Such therefore continue to boast themselves in the presence of others of evils, the commission of which they have long since lost the capacity to perform.

The full significance of what we have said in reference to the complemental character of the reproductive nature of

the male and female is best understood when we recall the fact that the equal number of male children and female children born into the world is clearly suggestive, apart from any divine command, of the purpose that one man shall be united to one woman in a life-union. Indeed there are those who have made a careful study of the subject, who are ready to declare that the inclination to select and continue faithful to a single mate of the opposite sex is innate and universal among birds and beasts and fishes. It is claimed by some who have made a careful study of this matter, that if all domesticated birds and animals were left in their free, native and unrestricted life, even chickens, cats, dogs and all kinds of animals, would naturally mate for life. In reference to this theory it is fair to say that the presumptions are quite strongly in its favor.

Much plausibility is given to this theory of universal mating, not only from what is seen among the animals and birds that live an unrestricted life,

but also from the fact, that among these, as in the human family, the number of male and female offspring is about equal. This balance can be observed even in the poultry yard.

The careful observer cannot but have noticed in both plant and animal life such harmonious modifications as suggest similar correspondences in human life. Among plants, fishes, insects, birds and animals, there is a harmonized adjustment of reproductive activity—the male and female natures, in their activity and repose, corresponding and responding each to the other. When the reproductive activity has reached the crest of its intensity, it subsides alike in both the male and the female. The anthers and pistils of the plant droop and perish at the same period, after the ovules or seedlets have been fertilized. The male and female fishes pass the climax together, and together pass into a period of preferred repose and recuperation. The waning of the color in the wing of the insect, the fading plumage of the bird, the

falling antlers or horns of the deer, the modification and changes in all departments of animate nature illustrate how the rising and falling tides of sexual activity and quiescence correspond in male and female—waxing until it reaches the greatest fulness of sexual expression and activity, and then a corresponding waning and recession take place alike in both male and female.

The flame which burns with the greatest intensity of reproductive activity after the attainment of the full maturity in the male and the female finds in each a corresponding diminution and fading after a series of returning periods of reproductive activity. Most intense at early maturity, less pronounced in the middle period of reproductive life, it then subsides alike in both the male and the female at the period of the later climacteric.

This law which we find universal in the lower forms of life, dominates all nature and is found also in the reproductive nature and activity of man. As in woman, so in man, the reproduc-

tive activity is most manifest at the period of full maturity. When the emotions wax and wane in woman, they find a corresponding alternation in the sexual nature of man. While there are many who have not been sufficiently observant to recognize these monitions and modifications in men, yet they occur, and are noticeable to the attentive and studious observer.

What is true of the harmonious beginnings of sexual emotion in young women and young men, preceding and attending the period of maturity, is also true of the harmonized waning of these powers when middle life is passed and the change of life occurs in women. In the case of women, as we have already said, this change is more manifest, but it is none the less real in man; nor do the observant and honest fail to recognize them in their own bodily emotions and powers.

Just at what age these changes may occur will depend largely upon the questions of heredity, bodily vigor, the age at which adolescence and maturity

were attained, the degree to which one has avoided all forms of excess, the attention given to physical culture and other questions which affect the health and physical powers.

CHAPTER III.

MANIFESTATIONS OF THE CHANGE.

The Climacteric of Middle Life and Period of Adolescence Contrasted.—Evidences of Change at Middle Life.—Significance of Gray Hairs.—Slight Lapses of Memory.—Effect upon the Sight.—Waste and Repair.—The Teeth.—Diminished Powers of Endurance.—Sexual Desire Diminishes.—Manifested at Longer Intervals.—Enlargement of the Prostate Gland.—How it Manifests Itself.—At What Period These Changes Occur.—How Delayed in Their Manifestation.

It will not be very difficult to convince men who have already attained the period of middle life that physical changes of a very marked character take place, but those who are somewhat younger and who have labored for years under the misapprehension that the procreative vigor of early youth continues until advanced old age, will be likely to desire some manifest evidences that such physical changes do really take place. If the

changes which take place at the period of the sexual hush in the life of men are as pronounced, even though not as rapid, as those which take place in the physical nature of the boy at the period of puberty, it is natural to inquire why so little should be known concerning these changes. At the period of adolescence boys are very likely to communicate the information that the new acquisition of manly power has come to them, and thus the fact is likely to be known to boys who have not yet themselves attained to that period. But with men at middle life, the reverse is the case. Many may not have anticipated such a change, and they are very slow to admit the fact, even to themselves, and much less are they willing to communicate such information to their fellows, and especially to those who are still in the full vigor of manhood.

That such changes do take place, there are sufficient manifestations, some of which are visible to others, and some of which are only known to

the individual himself. Among the earlier indications are the streaks of gray which begin to appear, either in the hair or beard, or in both. It might however be unsafe to impute the full significance of this statement to comparatively young persons of good bodily vigor who are members of families where the different members become prematurely gray.

At the period of this climacteric in men the memory also becomes less retentive. Perhaps first of all the names of individuals, and especially of strangers, are less easily recalled. Dates and figures do not stick as they once did. It becomes difficult, and in some instances almost impossible to commit to memory that with which the mind was not previously familiar.

The sight is likely to become measurably defective, objects at a distance are seen more clearly, but glasses are needed in order to examine critically objects near at hand, or to enable the individual to read for any considerable period without suffering severe head-

aches which are felt just in front of the temples and nearly above the eyes.

It is then also that bodily repair does not take place promptly, as in the earlier years, and consequently the teeth are likely to give indications of more rapid decay; fatigue follows more closely upon muscular and mental effort, and the individual is no longer able to endure either prolonged study or the physical exertions in which he once so much delighted. If given to mental and literary effort, he is no longer able to give himself absorbingly to writing, to study and close investigation continuing until late at night, without thereby losing the ability to apply himself for an equal period during the subsequent day.

At the period of this change in men sexual desire manifests itself at longer intervals, is noticeably diminished in intensity, and when indulged is followed by greater and more prolonged fatigue. The effect of strains or injuries received in earlier years which may have been measurably forgotten

are likely to become more manifest. Inherited and acquired physical weaknesses which may previously have been the occasion of but little thought may now call for careful consideration.

It is at this period of middle life that the prostate gland perceptibly enlarges and presses upon the urethra at the point where it leaves the bladder, causing that slowness when beginning to urinate, which is noticeable in older men. Instead of being able to expel a strong stream, as in the earlier years, a moment is needed before the urine begins to flow, and the stream is devoid of its former force. This enlargement of the prostate gland is likely to result in the retention of a small amount of sediment at each effort to void the bladder, and this sediment is likely to set up a slight irritation at the neck of the bladder, and with the accumulation of urine during the sleeping hours, causes that sense of discomfort and unrest which makes it necessary for most men of middle life and beyond to empty the

bladder once or more during the night.

These are some of the manifestations which indicate that those modifications of the sexual nature which call for early recognition and careful consideration have already taken place, or are at present working themselves out in the physical nature of the individual.

These manifestations are not necessarily all present in the experience of each person, nor do they in different experiences necessarily take place at the same period of life. With men who have lived lives of sexual excess, virile power usually disappears at a much earlier period than in men whose lives have been correct and moderate. Some persons inherit a larger measure of physical power and endurance, while the ancestors of others have bequeathed to them weaknesses, diseases and infirmities which they may have failed either to overcome or largely to modify. All of the considerations which go into the making up of good health, whether they be questions of diet, exercise,

fresh air, bathing or whatever, all have their influence in determining at what stage of one's earthly career these physical changes shall occur.

A gentleman of fifty odd years of age, realizing in his own experience the modifications which had come to him, in writing to a friend of about the same age who had always been an earnest and indefatigable worker, said: "We are coming to that time of life when the vigor of youth has passed away and when the strength of manhood is retained by a rather precarious and uncertain tenure, so I am not astonished to learn that you are being warned that there is a limit to endurance." Such monitions and admonitions may be expected by all men at about this period of life.

CHAPTER IV.

THE TESTIMONY OF MEDICAL MEN.

Observant Men of Fifty Need no Testimony Concerning Climacteric or "Change of Life."—Evidence Only Needed for Younger Men.—The Uniform Testimony of Medical Authorities.—James Foster Scott, M. D., on the Climacteric Changes in Men and Women.—Statement of Dr. Lyman B. Sperry.—The Strong Statements of Dr. William Acton, the Leading English Authority.—The Testimony of Dr. J. H. Kellogg.—What Dr. George H. Napheys Says in His "Transmission of Life."—The Facts Universally Admitted.—Questions of Future Well-Being to be Considered in Other Chapters.

IF writing only to observant men of middle life, who have entered upon this period of physical change, it doubtless would be unnecessary to burden these pages with any evidence beyond that which they have already discovered in themselves, in order to convince them of the correctness of our position in the preceding pages. But recognizing the

fact that this book is likely to fall into the hands of many men who have not yet attained to middle life, or who have never entertained the thought that there occurs in the male nature a sexual hush at middle life, corresponding somewhat to the change which they may or may not have known to occur in the physical life of women, it may be necessary before proceeding to the consideration of other phases of our subject that we should carefully remove from their minds any doubt with regard to the accuracy of the statements which we have made. We cannot but recognize the fact that there are those who might have some grounds for fear that we were moved in these pages to the consideration of the subject from an ethical, rather than from a medical standpoint. We have therefore thought best, at this point, to quote from a few reliable medical authorities, and also to state that we know of no medical authority who is at variance with the teachings of those whom we quote.

Dr. James Foster Scott in his excellent new book on the sexual instinct entitled "Heredity and Morals" in treating of the climacteric period in men and women says, "The sexual life of both men and women continues until the climacteric, which is a momentous change, or crisis, in the lives of individuals, when the balance between tissue-waste and restitution is disordered. After this event the individual is in the afternoon of life and is again sexless from a physiological standpoint.

"This physiological change comes on quite abruptly in women sometimes between the forty-second and fiftieth years, with the heaviest figures in the forty-fourth year. In men it is gradual and longer deferred, occurring, as a rule, somewhere between the fiftieth and sixty-fifth year, though the effects of the change are by no means so clearly appreciable in them as in women. As a rule, the male reproductive elements or spermatozoa, disappear from the semen at about the

sixty-second year, though the individual may be quite able to copulate satisfactorily for some years more. Exceptionally the virile power remains with men even to the most advanced age; but women, almost without exception, are sterile before they have reached the fiftieth year. With the completion of the functions of sperm formation by the male, and ovulation, or egg-formation, by the female, their sexual lives become forever closed.

"Such is the history of life! At first a neuter; then a rapid growth and development of the body with sexuality as the distinguishing and fashioning feature; then the maturation and expansion of the physical and psychical endowments; then the reproductive period, followed by that of quiescence and old age."

Dr. Lyman B. Sperry in his book, Husband and Wife, says: "It should be clearly fixed in the mind, for it is highly significant, that the reproductive department naturally unfolds only after one has secured a large measure

of general physical development; and that, naturally, it continues active and potential only until the years when the nutritive department begins to fail, and the body finds its income needed to sustain the energy which is essential to general health and efficiency. Evidently the Creator intended that only the superabundant and best vitality of matured manhood and womanhood should be used in the generation of offspring. Procreative power is therefore confined to the most vigorous period of life."

Dr. William Acton, who has for many years been regarded as a standard authority, writing on these matters in his book on "The Reproductive Organs" and in treating this subject quotes from Doctor Parise, who says: "It is usually at the age of fifty or sixty that the generative function becomes weakened. It is at this period that *man*, elevated to the sacred character of paternity, and proud of his virile power, begins to notice that power decreased, and does so almost with a

feeling of indignation. The first step toward feebleness announces to him, unmistakably, that he is no longer the man he was. He may retard the effect up to a certain point, but not entirely. This law must have its full and entire execution, *dura lex, sed lex.* The activity of the generative organs diminishes, their functions abate, languish, and then cease entirely. The wish and the want are no longer one and the same thing; the imagination does not exercise its olden power and fascination on these organs.

"Blood now only flows in small quantities toward the testes. Their sensibility becomes blunted, and is reduced to what is sufficient for the nutrition of the parts. The scrotum is observed to become wrinkled and diminished in size, the testicles atrophy (waste and diminish in size), and the complicated vascular tissues which form them become obliterated; the semen, that peculiar secretion of the blood, is not only less abundant, but has lost its consistence and its force.

The animalculæ, zoösperms, which constitute its nature or its essence, far from being as numerous or active as formerly, are, on the contrary, few and languid."

Dr. J. H. Kellogg in his book entitled "Plain Facts for Old and Young," says, "When has a man reached that age at which he may be said to be an old man? There is a wonderful difference in individuals in respect to the period at which symptoms of decline make their appearance, much being due to previous habits of life, as well as individual peculiarities and hereditary predisposition. It may be said, however, that the average man enters upon that portion of his life usually denominated as old age, at about the age of fifty years. At this period his physical powers begin to show evidence of decline. His reserve force of vitality which is considerably less than at an earlier age, may still be sufficient to enable his system to perform all the functions of life with regularity, but he is unable to endure hardships as in

previous years, and suffers sensibly whenever any extreme demand is made upon his vitality.

"He is a wise man who at this period of life, while his vital functions are still well performed, and the system subject to no special disease or debility, recognizes the fact that he is no longer young, and regulates himself accordingly. Such a man will lay down as his rule of life the greatest moderation in everything demanding vital expenditure, and will resolutely set his face against every form of unnecessary expenditure of vitality.

"As has been pointed out elsewhere in this work the exercise of the sexual function is accompanied by the most exhausting expenditure of nervous and vital energy of which the body is capable. Such expenditures are entirely unnecessary to the health of the body, and hence it is evident that at this period of life, when the vital forces should be in every way economized, such indulgences should be discontinued."

In his book entitled "The Transmission of Life," Dr. George H. Napheys, in writing upon this subject says, "In general, in this country, we may assign the period of virility to commence at twenty-five years of age and to draw to a close at forty-five, thus extending over a score of years. During this period the physical and intellectual activity of most men is at its height. They are capable of their best, and whether in business or in scholarship, usually accomplish the most for which they are spoken of and remembered. The children born to them during this time are more vigorous, and are endowed with more active powers, than those begotten either before or after these limits. From fifteen to twenty-five the organs yield immature and imperfect secretion, later than forty-five the passions grow rare and briefer, and the individual suffers more acutely from every attempt to increase the species.

"There are, however, some striking examples on record showing how a good constitution supported by proper care,

can escape the action of this law for many years."

This same writer in another place says, "If it is true, and it would seem from the number of opinions expressed by medical authors whom we have consulted, that the age of commencing decay in Europe is from fifty to sixty, then in this country we must, as a nation, be suffering some degeneration in this respect. For it is certain that of a number of elderly men whom we have consulted on this point, the majority confess to having felt a decided decrease both in desire and sexual vigor as early as forty-five. We venture the prediction that three out of four of our elderly readers will agree that this coincides with their own experience."

The causes for this somewhat earlier diminution of virile power will appear in what we have to say later upon this same subject. It is, however, sufficient for our present purpose to have quoted these medical authorities to establish the fact that at about the period of forty-five years of age most men ex-

perience what is sometimes called "a change of life in men," the fact being admitted beyond all peradventure leaves the mind open for the consideration of those subjects which are most important in their relation to the future well-being of the individual who has attained this period of life.

CHAPTER V.

COMPENSATIONS.

Mental Benefits which Attend and Follow the Sexual Hush in Men.—Purer Mind and Sweeter Spirit.—Being Able to Look Sympathetically Both Backward and Forward.—Sense of Relief from Perils Past.—The Changes in Men More Gradual and Less Severe Than in Women.—The Changes in Men Fit Them to Sympathize Somewhat with Women.—Physical and Intellectual Force of Many Men Not Abated.—After Sexual Modification Many Men Are at Their Best.—Time and Experience Often Open Their Richest Treasures to Men of Middle Life and Beyond.—The Statement Illustrated.

WHILE no man can become conscious of the loss of any of his manly powers without an appreciable sense of regret, yet nature brings many compensations to those who attain to that period of life when they enter upon "the youth of old age." To one whose heart and mind have been set throughout life to the attainment of

purity and correct living, there is always present during the earlier years a consciousness of the influence of sexual impulse and inclination upon his mental workings. Even the most pure cannot wholly escape from thoughts which crowd in upon the mind and would invade that sanctity of the inner life where impurity must not be permitted to take up its abode. Cast them out as speedily as we will the consciousness of their possible intrusion in hours of business or social pleasure, or even religious worship, always brings apprehension. No man who strives after purity of thought and life can do other than regret the intrusion of impure thoughts, and that which distinguishes him from the impure, is not that impure thoughts do not come to him, but that he does not permit them to abide in his mind so as to bring forth their prolific progeny of evils in his life. To such a man the knowledge of the fact that the stress of sexual impulse is gradually passing away, and that with the coming years

there is to be an increasing control over his mind and sexual nature, brings some grateful sense of relief. To such an one there comes a sense of satisfaction that with the added years the stress of passion will be past, the imagination will become more chastened, the heart more refined, the lines of intellectual and spiritual vision lengthened, the sphere of usefulness enlarged, and that the character may become more and more conformed to that perfection and majesty of Him who is represented in the Scriptures as "The Ancient of Days."

Only once in a long life is a man permitted to stand where he can enjoy the satisfaction of looking sympathetically both backward and forward. At the middle period of life one may lock backward with tender interest upon the young in their vigor and hopefulness, and also look forward with understanding and sympathy for those whose declining years bring them physical infirmities, and whose perplexities and disappointments leave them but little

hope of finding rest until their weary feet stand in the home of their heavenly Father.

It has been said that "at forty-five a man is either a fool or a physician." This aphorism is full of thoughtful suggestion, and the man who can look back upon all his earlier years realizing that amidst its temptations, its dangers and its ruin he has been mercifully led and graciously preserved from the pitfalls into which so many have fallen to their utter discomfiture and ruin, will find in his contemplations a large sense of compensation. If the impulses and inclinations which God has placed within us for the wisest and best purposes have found their rightful and intended exercise, there will come a sense of satisfaction, that after the pleasures which the exercise of these endowments has afforded, have passed away, there remains that pure affection, and the calm satisfaction of their recollection.

Every man who notes how much greater the changes and more fierce

the struggles through which almost every woman is called upon to pass at this period of what is called "change of life," cannot but be grateful, that in his own nature these changes are more gradual, and the consequences almost imperceptible, except at considerable intervals, and his trials, after all, nothing as compared with the more grievous struggles from which most women cannot wholly escape. Every man who experiences in his own nature these less marked changes which are taking place, has a sense of compensation in the fact that what he is experiencing in his own physical nature qualifies him the better to sympathize, at least in some measure, with her whom he has loved all these years, and who is now called upon to bear physical, mental, and nervous changes which call for the utmost patience and forbearance, not only upon the part of the wife herself, but upon the part of every person who shares her lot in life with her. While many women pass the period of menopause almost as un-

consciously as a person in a railroad train crosses the boundary of one state and enters the territory of another, yet in the great majority of cases, the accomplishment of these changes extends over a considerable period, and in some instances continues for years, calling for the largest measure of sympathy and endurance which the husband has ever been called upon to exercise, and which no true and devoted man should be reluctant to give; but remembering what he owes to the wife of his bosom and the mother of his children, he should accord to her all the tenderness that the situation demands with the greatest possible cheerfulness and consideration.

There are some men whose physical and intellectual forces at middle life suffer very little abatement, but this is not the case with most men. With the large and preponderating majority there is less pluck and push, less courage in undertaking and pursuing new enterprises or large responsibilities. The sleep is likely to be some-

what disturbed, and he awakens earlier in the morning. Cares and anxieties which formerly were easily thrust aside, now leave a sense of nervous anxiety; and he finds in his own experience the foreshadowing of those conditions of the more advanced years which still lie fifteen or twenty years beyond, "when they shall be afraid of that which is high, and fears shall be in the way, and the almond tree shall flourish, and the grasshopper shall be a burden, and desire shall fail."

These words are quoted here not to produce discouragement, nor to add to nervousness anxiety, but in order that we may look at the facts just as they are.

But, while what we have said is true, nature brings returns which fully compensate for what one has lost. The fact is that a man whose life has been correct, whose health is not impaired, whose years have been given to thoughtful study, never attains his very best until he has passed this period of middle life. When the

physical masculine nature has received its modification, the real man within rises in a might and majesty never before possible. The mind and the heart become what they never before have been. The man is able to grasp, hold and analyze a subject in a manner which was previously not possible to him. His experience is enriched, and the holiest affections of his heart, mellowed by the returning frosts of personal sorrow and repeated trial, ripen into their sweetest tenderness. In character, in manhood, in might, in mental grasp and grip, he becomes superior to himself in his previous years. If he does not attain to these results it is because, ignorant of the future he failed to improve the past; because he has lived too much in the round of physical duties or sexual excesses; because he has neglected to care properly for his health, has failed to cultivate his mind, and to discipline his heart. If in the past he has been faithful to the present, then with the coming of middle life, he enters into

that larger endowment, that clearer insight, that wider outlook, that keener analysis, that more accurate judgment, and that larger outgoing of the heart in holy affections which are so greatly to be desired in men to whom both time and experience have opened their largest and richest treasures.

We have frequently thought that the intellectual change might be aptly compared to the difference between the results which are secured in the taking of photographs. In the earlier years the mind is more like the sensitive plate, prepared for the taking of a snap shot picture. In middle life, and after, the mind is more like the plate which is prepared for a slight time-exposure, but which, under the skilful management of an experienced operator, secures a finer and more desirable result. Experience teaches every one the possibility of mistake and failure, and at middle life there comes that added caution and consideration which lends so much truth to the statement, "young men for war, and old men for counsel."

It is this that causes us to prefer to trust our lives to the judgment of men of years and experience, and to call to our cabinet of advisers, those whose judgments have been matured by years of experience.

CHAPTER VI.

MODERATION ENJOINED.

Effects in Different Men of the Sexual Hush.—Moderation Necessary in All Instances.—Effect of Prolonged Mental Effort.—Of Long Continued Physical Effort.—Effect of Anxiety and Worry.—Dangers from Lawsuits.—The Victims of Social Exactions.—Importance of Adequate Rest and Sleep.—Some Helpful Suggestions Concerning Insomnia.

To what extent each person will be perceptibly affected by the modifications of the male nature which take place in middle life, it would be impossible always accurately to predict. As with women so with men, there are those who pass the climacteric period almost unconsciously. To others it is a period of special stress and peril. Much depends upon the physical endowment, the previous mode of life, the character of the individual's occupation at the time the period arrives, and many other considerations.

Whether the period of climacteric change comes early in life or later; whether attended by changes of a more or less marked character, yet to one and to all there is the necessity for the same admonition and caution with regard to excess.

The individual who has been given to intellectual effort, and who has found it easy to give himself absorbingly for long periods to careful study and investigation, to devote himself to writing and literary work, there is very sure to come at this period a growing consciousness that the amount of intellectual effort which was previously attended with no unusual weariness, is now followed by a greater languor and a more prolonged fatigue. Nature begins to give those warnings which admonish against all forms of excess.

What is true of intellectual effort is true also of physical effort. Prolonged hours of labor are attended with unusual weariness, and if oft repeated or long continued, may be attended

with exhaustion or even with prostration.

Undue mental anxiety at this period of life is specially to be avoided. It is not wise to assume large financial risks, involving special hazard and attended with anxiety and worry. Where limited financial resources are inadequate to meet accruing obligations or daily demands, every effort should be made to keep the mind hopeful, and as far as possible to throw off every source of anxiety and worry.

Complicated legal difficulties are to be specially avoided at this period of life. Hundreds of men are made physical wrecks because of the anxieties and mental strains which come with law-suits at this period. The strain of such anxiety cannot usually be thrown off after a few days of worry, but generally extend over a long period. It is not only nervous prostration which is to be feared, but any one of a score of other physical infirmities are likely to follow as the result of such mental anxiety.

But a man is to be guarded not only upon the side of daily duty, but upon the side of social exactions as well. Thousands of women are annually slain by what they regard as the unavoidable demands of "social duties;" and hundreds of men are also claimed as its victims. Late hours in over-crowded auditoriums, breathing impure air, or in social gatherings, eating indigestible food at late hours, and in either instance subjecting the entire man to abnormal excitement and strains during the very hours which nature has not only provided, but which she now absolutely demands for rest and recuperation, are sure to bring their own sad results.

It is at this period of life that nature demands its full quota of sleep and rest, so that the renewing and rebuilding processes which are becoming more tardy and which now require more time, should not be interrupted by loss of sleep. It is at this period of life that men naturally prefer the quiet of their own homes in the evening, and wisely

find a growing tendency to retire at an earlier hour.

Those who are troubled with a growing tendency to insomnia may find relief in the following valuable suggestion. If the mind is permitted to accumulate momentum, the sleep will be interrupted, the nervous forces, instead of being rested and renewed, will become exhausted, and leave a sense of great fatigue. It is therefore necessary to arrest the mind as early as possible. As prevention is better than cure, it is best of all to retire with the distinct and definite purpose of going to sleep. When there is a tendency to wakefulness, the mind may be diverted and put into a cheerful frame by dwelling for a few moments upon some pleasant stanza or two of poetry, or where the individual is religious, the devotional frame of mind will be found to be the very best, and this may be attained by the use of some scriptural passage like the first five verses of the one hundred and third Psalm beginning: "Bless the Lord, O my soul;

and all that is within me, bless His holy name. Bless the Lord, O my soul and forget not all His benefits." Such passages as this dwelt upon mentally, and given their largest freightage of spiritual meaning will arrest the mind from the contemplation of subjects which are likely to bring anxiety and worry, and make the mind more sympathetic to the effort which is to follow.

If the mind should be found to be excessively active, and cannot be arrested by the suggestion which we have just made, it would be well to try some stanza of poetry, or of a hymn, or the long meter doxology; thinking not only the words, but the music and letting the meter become longer and longer as the mind passes more slowly and still more slowly, from word to word, arresting the momentum of the mind very much like a bicycler arrests the momentum of his wheel by the effort of back pedaling, until gradually, slower and slower, he brings his wheel to a standstill. A few repeti-

tions of this effort is likely to result in unconsciousness and sleep.

When the mind has been arrested, a cheerful or devotional frame has been secured—and both of these results may frequently be obtained in the course of a couple of minutes—if the individual will take deep inhalations, and breathe just as though he were asleep, he will, under ordinary circumstances, be likely to drop off into unconsciousness, which will extend itself into a night of the very sweetest and most refreshing sleep.

When the effort to count imaginary sheep as they jump over a fence, to place the houses in a street, and the various other mental efforts often attempted have failed, the above suggestions will be found of infinitely more assistance and value. Where the suggestions which we have made are carefully followed, they are likely to save from the necessity of the sitz bath and other means which oftentimes become necessary where extreme results have not been avoided by early and judicious methods.

CHAPTER VII.

MODERATION EMPHASIZED.

Far-reaching Effects of Sexual Excess in Middle Life.—Coition Followed by Longer Periods of Lassitude.—Nature thus Sounding Her Warnings.—Moderation for Husband's Own Well-being and That of Wife.—Character of the Moderation as Shown by Medical Authorities.—Dr. William Acton, of London, Quoted.—Experience in Middle Life Teaches Moderation.—Vital Exuberance Needed for the Transmission of Life.—Testimony of Dr. M. Parise of France.—Changed Character of Love at Middle Life.—Statements of Cicero and Plato on Moderation.—The Strong Statements of Doctor Napheys.—Other Medical Men Quoted.—Nature's Punishment of Libidinous Old Men.—Some Humiliating Pictures Presented by Medical Men.—Sowing to the Flesh and Reaping Corruption.

AT the period of middle life it is highly important that every person should be forewarned concerning certain excesses which will now leave in their train consequences of the most serious character—consequences such

as were altogether unknown in the earlier years. The possession of such information will save its possessor from many sad results. In view of the fact that nearly all of the changes which take place in the physical nature of man at this period are largely due to the changes which take place in the reproductive nature, it is of the utmost importance that he should fully understand that sexual excess at this time will entail results which are far-reaching and oftentimes serious in their effects. Even men whose powers of endurance have never before suggested any considerable restraint of the sexual inclination, will now find that the act of coition is generally followed by a period of lassitude or weariness more pronounced and more prolonged than anything he has previously experienced. Nature is thus sounding her warnings and admonishing the individual of the importance of the utmost care in the use of a secretion which can now ill be spared, and which is of utmost importance in vitalizing every department

of the physical economy. Nature is now beginning to teach the individual that that period of life during which the procreative power may be exercised is gradually passing away; and that the individual should assume that mastery and control of his sexual inclination which will, throughout the coming years, enable him to conserve and maintain his physical and intellectual powers, which are to continue to be to him of the utmost importance.

It is at this period that each man needs carefully to consider the obligations which are upon him to maintain a life of most careful and judicious moderation. He is not only to consider this because of his own well-being, but he is also to consider it, because of the comfort, physical well-being and happiness of his wife.

Something of what this moderation should be will be gleaned from some quotations from medical authorities which will not only throw light upon this subject, but which will also afford the reader that information and coun-

sel which is so essential at the period of middle life.

Dr. William Acton in his standard work on the reproductive organs says: "My readers will by this time have become aware that in childhood the generative functions should be absolutely quiescent, that even in youth the sexual powers are rather to be husbanded than taxed, and that the adult himself should be chary of exhausting those capacities which nature has given him for the continuance of his species.

"We have now to consider those functions, powers and desires in advanced life; and it will appear that old age resembles youth in this, that if the elderly man wishes to preserve his intellectual faculties, health, and vigor, and would enjoy a long life, he must be content with, at most, only a very moderate indulgence of the sexual passion. His motto should be 'deposui arma miles inermis.'

"Fortunately for the individual, moderation is usually practiced. The elderly man has generally learned from

experience that the generative function could not have been wisely, or, indeed, duly exercised, before the body had attained its entire development—that it is the test of manhood, the crowning effort of maturity, and that it must diminish with a waning frame. Experience ought to have taught men that we require a sort of vital exuberance, to transmit what may become another being; and this prerogative is given to us only during the prime of our existence."

Dr. M. Parise, for many years Secretary of the Royal Academy in France, says: "Love at the decline of life should take quite a moral character, freed from all its animal propensities. In the elderly man it is paternal, conjugal, patriotic attachment, which, without being so energetic as the love experienced in youth, still warms old hearts and old age—and, believe me, these have their sweet privileges, as well as sometimes their bitter realities. These autumn roses are not without perfume—perhaps less intoxicating

than that arising from first love, but presenting none of its dangers.

"One of the most important pieces of information which a man in years can attain is, 'to learn to become old betimes,' if he wishes to attain old age. Cicero, we are told, was asked if he still indulged in the pleasures of love. 'Heaven forbid!' replied he, 'I have forsworn it as I would a savage and a ferocious master.'"

In the opening part of Plato's Republic, the merry old Cephalus says: "I was once in company with Sophocles, the poet, when he was asked by some one, 'How do you feel, Sophocles, as to the pleasures of love? Are you still able to enjoy them?' 'Softly, friend,' replied he, 'most gladly indeed have I escaped from these pleasures, as from some furious and savage masters.'"

Dr. George H. Napheys in "The Transmission of Life," says: "Those who are already in the enjoyment of good health will need but few instructions to retain their strength at this

period of life. They must, however, bear in mind the approach of advancing years, and the facility to disease which ever accompanies declining age. Therefore they must avoid all excesses, restrict the indulgence of desire within moderate bounds, and if unmarried, live lives not only *continent* but *chaste*, avoiding not merely vices which are condemned both by statute and religion, but also all impure thoughts and conversations; for the latter, as we shall have occasion to show more fully hereafter, are enervating to the body as well as demoralizing to the mind. The functions of sex are so intimately allied to the mental condition that the one sympathizes invariably with the other, and what degrades one, with little short of absolute certainty, impairs the other.

"Then the man at middle life should be aware that to insure either a respected or a happy old age, he must at least make up his mind to renounce forever the exercise of his sexual powers, and with this in view, he should,

as years progress, steadily wean himself more and more from the control of desire, and fix his thoughts upon those philanthropic and unselfish projects which add beauty to age, and are the crown to gray hairs. What more nauseous and repulsive object than a libidinous and worn-out old man, heating his diseased imagination with dreams and images which his chilled and impotent body can no longer carry into effect?"

Dr. J. H. Kellogg says: "Some learned physicians place the proper limit of man's functional activity at fifty years, if he would not render himself guilty of shortening his days by sensuality."

The Abbe Maury is quoted by Doctor Gardner as follows: "I hold as certain that after fifty years of age a man of sense ought to renounce the pleasures of love. Each time that he allows himself this gratification is *a pellet of earth thrown upon his coffin.*"

While the effects which the observant and the thoughtful experience after the act of coition is a sufficient moni-

tion to them to desist in the exercise of the reproductive function and the loss of life's vital fluid, yet there are those who demonstrate in their own conduct the wisdom of the old adage "An old fool is the worst kind of a fool."

Doctor Parise, the distinguished French physician, whom we have recently quoted in his work on "Old Age," in speaking of these libidinous old libertines says: "Unfortunately, there are those who, either more infatuated, or more helplessly drifting on the tide of passion, or more depraved, use all their endeavors to realize desires which it is no longer possible to satisfy, unless by a forced compliance of the organs. Not only has the energy, the superfluous vitality of early days, disappeared, but the organic power of reproduction is nearly obliterated. 'Is all over then?' It is now that Venus Impudica lavishes on her *used-up* votaries her appetizing stimulants to vice and debauchery, the imagination, polluted with impurities,

seeks pleasure which reason and good sense repudiate. There are instances of debauched and shameless old age which, deficient in vital resources, strives to supply their place by fictitious excitement; a kind of brutish lasciviousness, that is ever the more cruelly punished by nature, from the fact that the immediately ensuing debility is in direct proportion to the forced stimulation which has preceded it.

"Reduced to the pleasures of recollection, at once passionate and impotent, their sensuality may kill, but cannot satiate. There are such old libertines who are constantly seeking after the means of revivifying their withered, used-up organism, as if that were possible without imminent danger. The law of nature is without appeal. To submit to it is the result of good, sound judgment, and the reward is speedy. But submission is no invariable rule, and persons of prudence and chastity have but a faint conception of the devices to evade it, of the folly, caprice, luxury, immodesty, the mon-

strous lowdness and indescribable saturnalia of the senses which are the result. The surgeon alone knows from the confession of his patients, or surmises from his experience, to what a depth corruption will descend, and the evils which will follow, particularly in large capitals. One of the most common means of excitement employed by these senile Lovelaces is change, variety in the persons they pursue. What is more fatal to the *organism?* Extreme youth is sacrificed to these shameless old men. The full-blown charms of fine women no longer suffice; they address themselves to mere children, to the great scandal of our manners, and of all that these victims of debauchery hold dear and sacred. Nevertheless, let it be remarked, it is seldom, very seldom, that punishment comes pede claudo (with a sore foot); old age, which disease changes every day into decrepitude—often sudden death, and death that lasts for years, a consequent of cruel infirmities—proves the justice of nature."

In writing upon this same phase of the subject, when treating of the degradation and debauchery of old men, another writer says: "When a young man, without any redeeming qualities, has run through a career of debauchery, when his adult age is but a new lease of similar associations, the necessity for additional excitement appears to goad him on. Fictitious desires increase, until it is impossible to say where the acme of debauchery shall be reached, or what devices may be invented by those in his pay 'to minister to a mind diseased.' This is particularly the case when such a pampered, ill-directed, unrestrained will is accompanied by unlimited wealth. For such an one, youth, innocence, and beauty soon cease to have attraction. Well has it been said of him, that 'The beast has destroyed the man.' Variety may for a time satisfy or stimulate his failing powers, but not for very long. Local stimulants are tried, and, after a short repetition, these also fail. As a last resource, unnatural excitement

is brought to bear, and now public decency is forgotten, and we probably find that the first check to the lust of the opulent satyr is his finding himself the hero of some filthy police case,—then, may be, a convict or a voluntary exile.

"As schoolboys, we may have been accustomed to laugh at the fables of the grotesque sylvan monsters of antiquity, ignorant of what hideous truths of human nature their half-animal forms were the symbols. Even after sad experience has enlarged our knowledge of the possibilities of vice, few of us, happily, have any idea of how completely these bestial forms of ancient art represent the condition of the satyrs who so notoriously affect the seclusion and the shade of the parks and gardens in modern cities. I question if a prison is the proper place for such debased individuals. As far as I have noticed their organization, I should say an uncontrolled giving way to the sexual passion has used up a frame never very strong. The

constant drain of the nervous power has produced an effect which rendered its subject indifferent to consequences, provided his all-absorbing pursuit, namely, ministering to the excitement of his sexual passion, can be indulged in. Doubtless, in many instances, the brain has become affected, particularly when there existed a strong hereditary tendency to disease. This, together with deficiency of occupation, has caused many of these victims to their own feelings to make the pandering to their vile desire, and gratification of every sensuality their imagination can devise, the chief occupation of life. The medical man would hardly feel justified in certifying their fitness for a lunatic asylum, as in all other respects their conduct appears to be sane. Observing, as these persons do, all the other usual *convenances* of society, there is yet a something about them which marks them as thralls of a debasing pursuit. It is an error, however, to suppose that they often suffer from venereal disease. Your old *dé-*

bauches know too well the parties they have to deal with, and every precaution is taken to avoid the consequences. They are living and suffering spectres, whom, some clever writer has observed, 'Death seems to forget to strike, because he believes them already in the tomb.'

"It may, perhaps, be thought singular in my suggesting a moral based upon such vile practices as the above, but allusion to them may not be without benefit to those beginning vice; and I would say, Let those persons take warning who with an active imagination once enter upon a career of vice, and dream that at a certain spot they can arrest their progress. It is an old tale, and often told, that, although the slope of criminality be easy and gradual, it is still 'le premier pas qui coute'; and he who launches himself on such a course, will acquire, as he goes, velocity and force, *until at last he cannot be stayed.*"

To understand the full meaning of the declaration, "He that soweth to

his flesh, shall of the flesh reap corruption," one needs to pass beyond the limit of the sowing-time of youth to the years of reaping which come at middle life and old age. David prayed "Remember not the sins of my youth, nor my transgressions." Ephraim mourned and smote his thigh saying, "I was ashamed, yea, even confounded, because I did bear the reproach of my youth." Zophar, showing the state of the wicked, said, "His bones are full of the sins of his youth which shall lie down with him in the dust," and Job declared, "For thou writest bitter things against me, and makest me to possess the iniquities of my youth."

CHAPTER VIII.

VIRILITY—HOW DESTROYED, HOW PRESERVED.

Mutual Dependence of Bodily Vigor and Virility.—Development of Muscular Strength vs. Preservation of Nervous Force.—How Virile Power is Prematurely Sacrificed.—Sexual Excess.—Relation of Food to Virile Power.—Effects of Stimulants.—Effects of Bodily Disease.—Imperfect Mastication of Food.—Insufficient Sleep.—Importance of Exercise and Recreation.—Cycling and Horseback Riding.—Defective Saddles.—Cheerful Companionship.—Importance of Well-chosen Occupation.—The Comforting View for Men of Middle Life to Take of Physical Changes.

As the vigor of both the body and the mind are dependent upon the best possible maintenance of virility, and as in turn virility is dependent upon the physical conditions, it is important that we should consider, at least briefly, some of the causes which destroy virility and some of the best means for its preservation.

As the whole body shares in the benefits of those influences which tend to strengthen and perpetuate virile power, and as they suffer from whatever tends to destroy virility, it is manifestly important to defer its loss to the most distant day possible.

It must be remembered that exercise and use tend to the development of muscular tissue and the acquisition of muscular power, but with functions that stand closely related to the nervous system, like that involved in the reproduction of life, the reverse is the case. By use a muscle increases in strength and decreases in irritability, but with a nerve the opposite is the case. Repeated calls upon it result in increased irritability and a diminution in tone and strength. It will therefore be seen that in order to preserve the nervous system in its best form, we should seek to stimulate and excite it as little as possible. The preservation of nervous force and power is therefore essential at all periods of life, but especially at middle life and beyond,

and therefore, while it is not necessary that the sexual inclination should be immolated, yet all sexual stimulants and excitements should be carefully avoided.

It is important therefore to ask, how is virility prematurely sacrificed?

The first and most frequent cause is sexual excess. After what we have already said in the preceding chapters, it is not necessary to dwell further upon this subject. It is, however, important to call attention to the fact that what might have been moderate in an earlier period of life, may now, because of changed conditions and attendant results, be regarded as excessive, for what is moderation at one time may be excess at another period. While perhaps few physicians would enforce absolute continence upon men of good bodily vigor at the period of middle life, yet Doctor Parise, the eminent Frenchman, says, "When you see an elderly man, judicious, endowed with firm reason, whose enlightened and active mind is still capable of directing his affairs

ably, and making himself useful to society, be convinced that such a man is discreet and continent, and that temperance—so justly called Sophrosyne, the Guardian of Wisdom, by the ancients—has in him a fervent admirer; in fact, he has acquired his perfect moral liberty."

Virile power may suffer and be prematurely destroyed because of insufficient food, or because the food, although sufficient, may not be nutritive in quality; for a sufficient quantity of the best food may be so poorly masticated as to render digestion difficult or even impossible, and not only the sexual powers, but the entire body may be famished and starved in the midst of abundance and plenty.

Physical or mental effort unduly prolonged, sorrow, grief or excessive worry tends to the destruction of virile power.

It is agreed by all physicians that the habitual or frequent use of alcoholic liquors, opium and tobacco, is hostile to virile power and tends to its

premature destruction. The earliest effects of the use of narcotics is to stimulate the sexual propensities, and on this account, liquors and tobacco, and even opium, are quite generally associated with houses of prostitution. This temporary stimulation, however, is always followed by reaction, and the eventual result of its use is the ruin of sexual power. Temperance and moderation are indispensable prerequisites to those who would maintain and preserve their virility to an advanced period of life.

What is true of liquor, tobacco and opium, is also measurably true of tea, coffee and other narcotics. Tea and coffee, if used at all, should therefore be used in moderation.

As the reproductive system is intimately associated with all the other functions of the body, it will be easily understood that when one member suffers, all suffer. On this account any bodily disease or infirmity is likely to have its sympathetic or reflex influence upon reproductive power.

Those who would preserve their virility to old age should be careful to choose wholesome and nutritious food. In quantity it should neither be deficient nor excessive. It should be thoroughly masticated, and to this end it is important that one should look carefully after the condition of the teeth, which are likely to begin to deteriorate quite rapidly at the period of middle life. The money spent with the dentist may be returned many fold in healthful vigor, and a saving in the doctor's bills.

There are many persons who bring about general debility by late hours and insufficient sleep. At middle life those organs of the human body which are assigned the duty of rebuilding and preserving the physical powers become less active and require more time for the accomplishment of their tasks. If their duty is not rendered difficult and even impossible, the working and depleting hours should not be unduly prolonged. Rest and sleep will greatly facilitate the recuperative pow-

ers in the complete accomplishment of their important work.

No man at middle life can afford to yield to that tendency to become inactive which usually attends the changes through which he is passing. Healthful and enlivening recreations should be constantly sought and heartily engaged in. The distinction which we have made in previous volumes between exercise and recreation, should be carefully observed, and even where there has been sufficient exercise, recreation must not be dispensed with.

In the choice of one's recreations, he should be careful to avoid those which may tend to injurious results at this period of life, discriminating carefully against those which tend, either because of their associations or influences, to excite the sexual propensities, or which may produce local irritation and result in the premature or undue enlargement of the prostate gland, which is such a common source of trouble to men of middle life and beyond.

To this end, it is important to guard

carefully against cycling with an unsanitary saddle, or riding horseback, unless the pressure can be removed from the perineum, and the constant irritation of the prostate gland. Where one is already suffering from any local irritation at the neck of the bladder, it is well to note carefully whether the effects of the jar or vibration of horseback riding and cycling may not be injurious in their results. The unsanitary saddles long in use have caused thousands of men to suffer prematurely from effects which they might otherwise have escaped until late in life.

As far as possible, those who seek the best endowments for the closing years of life, should carefully seek cheerful companionship. Such is not possible to all persons, nor possible at all times to the same person, yet any individual may bring with him a young heart and a spirit of good cheer into any company, and by the effects of his own influence enjoy that reflex benefit which will be his adequate reward.

Perhaps no other one thing contrib-

utes so much to good health and virility as a well-chosen occupation. It calls the physical and intellectual powers into their best exercise, turns the thought into healthful and productive channels, and secures for the individual the very best results. Many a man is ruined and becomes prematurely old because he has lost or lacks an occupation which will call all his powers into their most healthful exercise. A man can scarcely make a more fatal mistake than to accumulate a fortune and then retire from business at middle life. The selfish who pursue this course reap their own sad reward, while those who know how to use the money accumulated in successful business undertakings for the benefit of their fellow-men, and for the furtherance of every worthy charity, will find no need of retiring, because they have accumulated all they can personally use during their own life. Nature generally looks well to it that such selfish and useless persons are hastened in their departure from the stage of action.

We are anxious that what we have said should not be understood to teach that virile power always departs from men in ordinary bodily vigor at the period of middle life. Such is not the case. But we have desired in the preceding paragraphs and chapters to familiarize men of about forty-five and beyond, with conditions which should admonish them of the importance of thoughtfulness, caution and moderation. Where the admonitions which we have given are duly observed, virile power, with all of its attendant endowments and blessings, may be measurably retained far on into advanced life. Something of what the virile power in old men of good bodily vigor usually is, will appear in a later chapter upon marriage.

In view of the fact that what has been taught in the preceding pages may bring a sense of sadness and regret to those to whom this information comes as a new revelation, it might be well to close this chapter by a couple of quotations which should bring satis-

faction and pleasure to any who may note in themselves the earliest monitions of the decline of procreative power and of sexual inclination.

"Generally," says Doctor Napheys, "and always in the healthy state, step by step with these physical changes the passions likewise lose their force, and change in nature. Love, which in early youth was impetuous and sensual, which in middle life was powerful, but controlled and centred in the family, should at the decline of life be freed from animal propensities, assume a purely moral character, and be directed toward the younger generations, the children and grandchildren, or, when these are not, should find its proper sphere of activity in philanthropic endeavor and patriotic attachment.

"Like the ancient philosopher, the old should be able to recall the memory of departed pleasure without a sigh of vain regret, and they should adapt themselves with determined mind to the altered condition of their physical life.

"If this prospect seems a cheerless one to the fiery youth or the vigorous adult, let him remember that desire subsides with power, and that it is still within his reach, by the observance of wise precautions and the proper rule of life to extend the period of virility considerably beyond the limit we have set to it."

Dr. Lyman B. Sperry in his book entitled "Husband and Wife," says: "Every elderly man should feel content to see his virility die a natural and easy death, for thereby his general vitality is preserved and his higher powers are permitted to develop and ripen undisturbed.

"What is there more beautiful and inspiring than an aged married couple who have lived together many years, in sympathy with each other and in harmony with God's beneficent laws? It is many years since they first met and learned to love each other so fondly and truly; discovering their mutual love, they pledged themselves to each other for life, and united all

their worldly interests; they established a home; they reared a family of children, thereby obeying the instinctive physiological law and also the written command, to 'multiply and replenish the earth and subdue it'; they ripened and sweetened with the years which fed the flame of their devoted and unselfish passion. Each child, as it was added to the household, enlarged their conception of responsibility to humanity, and multiplied the joy which resulted from consciously coöperating with God in the perpetuation and perfecting of the race. As their children, one after another, left the family hearth to establish homes of their own, and as grandchildren opportunely came to create anew the healthful atmosphere of childhood, the grandparents inhaled it with fresh delight, and the otherwise natural tendency of old age, to depression and stagnation, was prevented. Instead of regrets, dissatisfaction, cynicism and misanthropy, a genuine *enthusiasm for humanity* naturally developed, and

a grandly philanthropic spirit took possession of the mind and heart—a spirit that not only keeps one active and sweet for this world, but fits one for whatever of usefulness and glorious experience the future may have in store for us.

"The decline of virility, whether in male or female, should not be accompanied by a corresponding decline in general health, efficiency, or happi-

CHAPTER IX.

FUNCTIONAL DISORDERS.

Desire not to Alarm or Depress the Reader.—Many Infirmities Avoided by Intelligence.—Relation of Moderation to Disorders of Later Life.—Physical and Mental Vigor for Later Years.—Why Women are Less Subject to Infirmities and Live Longer than Men.—Subconscious Mind More Regnant in Woman.—Physical Infirmities Which are Due to Various and Dissimilar Causes.—Insanity in Men.—Genito-urinary Diseases.—Relation to Venereal Diseases.—Seeking Competent and Reliable Medical Counsel.

IN writing to men of middle life concerning the diseases and disordered functions which are liable to occur in the later years of life, we bring ourselves to our task with a sense of needed caution. We recognize that among our readers there are likely to be a large number of that class whose attention cannot be directed to the symptoms of various diseases without

imagining that they are themselves possessed of the entire catalogue. It is to this large class that the patent medicine man appeals by an array of symptoms to which his readers respond with an assurance that they are themselves afflicted with those very ailments and consequently need the remedies which it is asserted will be sure to bring relief and cure. It is much better that the minds of such people should not dwell upon diseases which they are likely to imagine they already possess, or are sure that they will have before twelve months roll round. With such people it were perhaps better that their attention should not be called to the diseases upon which their minds are sure to dwell with injurious effects.

We desire rather to write to that class of thoughtful individuals who look calmly and deliberately at the possibilities of the future, and who with wise forethought and resolute will bring themselves to the determination that they will by right living,

judicious diet, regular exercise, and proper self-restraint avoid those infirmities which the future years are likely to bring to other men of their class. We write for those, who, being forewarned will be forearmed for the victories which they are sure to gain over the infirmities which others who abide in ignorance must suffer.

While it would be wrong for us to abate the force of what we have said in the preceding chapters concerning the importance of moderation and temperance in all things, and concerning the modification of the physical life of man which usually takes place at about forty-five or fifty years of age, yet there is no adequate reason why a man of fifty years of age may not look forward to twenty or thirty years of splendid physical vigor and large usefulness in life if he will intelligently acquaint himself with his modified environment and adapt himself to his new physical requirements.

When we consider the more feeble frame of woman, her more delicate

nervous organization, and the many affections and weaknesses peculiar to her, we might naturally expect that she would be more subject to sickness and be likely to die earlier than her stronger consort. Such, however, is not always the case. As a rule women suffer less from disease, and their average duration of life is greater than that of men. This larger mortality of man over woman might be measurably accounted for because of the large number of men slain in war, killed in the mines and upon railroads, the awful ravages of the intoxicating cup, the exhaustions which follow sexual excess, the excitements which attend political life, and the great nervous and mental strains attendant upon the conduct of commercial risks. The demands and risks of maternity do not perchance equal these perils to which men are exposed. But there is another and better explanation to be afforded. While the nervous organization of woman possibly makes it necessary for her to suffer more acutely, yet it en-

ables her to react and recuperate more speedily when her physical powers have been overtaxed by duty or depleted by disease.

The activities and functions of the body are under the control of either the conscious or the subconscious mind, or what are sometimes called voluntary and involuntary movements of the body. We walk, we eat, we labor or rest in harmony with the decisions of the will. Many of the offices and functions of the body are called into exercise by our own volition. There are other activities of the body which are not under the control of the will—the heart beats and the lungs breathe, both when we are asleep and when we are awake, whether we are conscious or unconscious of their action. The same is true with many of the physical functions and activities.

In man, with his stronger will and his greater mental grasp and grip there is danger, especially with the more intellectual and brainy, of having the will interfere measurably with these sub-

conscious or involuntary activities of the body.

With woman the reverse is the case. In her the subconscious predominates. Whether sick or well the involuntary movements of all the important vital centres carry on their work with greater regularity because of less interference from the conscious and resolute will. In man when attacked by sickness the subconscious forces which tend speedily to restore him are likely to be interfered with and their work hindered. In woman, when attacked by sickness, the subconscious mind dominates, the involuntary offices are not interfered with, and the restoration is more speedy and complete.

These explanations will account in a great measure for the disparity which exists between men and women in their efforts to resist disease and to withstand physical dissolution.

As we have already said, it is not our purpose to dwell at length upon the infirmities and diseases which are more likely to come at middle life and

beyond than earlier to those whose physical inheritance or acquired weakness does not enable them to withstand their attacks. We would advise all who suffer from gout, rheumatism, vertigo, apoplexy, piles and other physical ailments more common at this period of life, to consult the best local medical skill, rather than to depend upon diagnosing their own case, and selecting their own remedies, and not to submit themselves to the impositions, extortions and injuries which so many constantly suffer at the hands of quacks and impostors.

There are, of course, instances in which some of these diseases associate themselves closely with excessive venery and come as the natural result of venereal diseases, but this is by no means the case with all of them. While paralysis is possible to almost any man who has passed beyond middle life, yet it almost never attacks a man under fifty, unless he has previously suffered from syphilis, and where this has been the case the paralysis is more

likely to be the result of a diseased thickening of the skull and a pressure upon the brain, than of the rupture of a blood vessel in the brain, which is the ordinary cause of apoplexy. Apoplexy, if it does come to a man who has never had syphilis, is not likely to come until late in life; while the form of paralysis which comes as the result of syphilis may attack its victim when he is yet a young man.

While it might not be easy to explain how these signs of advancing decrepitude stand related to the modifications and changes which take place in the sexual nature at middle life, yet they are so related that they are much more liable to follow after, than to precéde that change. It is therefore important that the virile powers should be preserved in health and vigor, in order that the signs of advancing years may be long postponed. It is, however, unsafe to suppose that strict continence alone will always secure immunity in later life from all infirmity and disease. This result can best be secured,

not simply by giving attention to sexual moderation, but also by large judiciousness and temperance in *all* things. Attention must be given to the food, the sleep, the character and the amount of physical and mental effort, and also to diversions and recreations.

In our examination of books upon the subject of the reproductive life, we have oftentimes noted a tendency to ascribe an undue measure of these physical infirmities to sexual causes. There can be no doubt but that many suffer from sexual excess, and as the result of venereal diseases ; but it must also be remembered that a man may lead a pure, continent and correct life and yet suffer many of the ills which flesh is heir to, simply because he fails properly to guard the questions of diet, takes no exercise, seldom or never bathes, while at the same time he is perchance an excessive user of tea, coffee, tobacco, or liquors ; or he may be guilty of none of these, but simply fail at suitable times to cast

out of the body the worn-out and waste material which is permitted to accumulate in the bowels and large intestines. The man who would guard against robbers, does well, not simply to lock the front door, but to safeguard every door and window in the house; and the man who desires to retain his virile power, does well, not only to guard his sexual relation, but to look carefully after all the departments of his physical needs.

Men of middle life and beyond whose heart's action is impaired need to be warned against all forms of sudden exertion or strong emotion, which may endanger their life. Hurrying to the train, running after a street car, going too rapidly upstairs, and other forms of sudden and excessive physical effort should be carefully guarded against. It is necessary also to say that such men are also more exposed to death because of undue sexual excitement attendant upon the act of coition. Such an act is particularly dangerous after a period of prolonged separation

from his wife, upon entering a second marriage, or under any other circumstances where the conditions are such as to produce more than usually strong sexual emotion.

With women the tendency to insanity is greater prior to middle life, while with men, the reverse is the case. This may be due to depleted physical powers, or to great mental anxiety in those years when strength and hope so often fail because of family and business anxieties and cares. In some instances this is due to mental depressions which come as the result of sexual excesses and venereal diseases, and in some instances to the effects of mental depression which sometimes attend aggravated forms of an enlarged prostate gland. The cause for this latter form of mental trouble will appear in a later paragraph.

At, and after, the period of middle life there are various forms of genito-urinary diseases which require the skilful attention of the specialist. This is true particularly with men who have

suffered in earlier life from gonorrhea, or what is commonly called the clap. Men, who in early life may have regarded this disease as of trifling moment, often awaken to the realization of a very different fact when they reach middle life. Years ago physicians had not studied this disease in its subsequent effects both upon the man and upon his innocent and unsuspecting wife, with sufficient carefulness to have discovered but a fraction of its later and awful consequences. It is now found that the germs of gonorrhea may permeate into almost any portion of the body, and propagate with awful destructiveness wherever they find a congenial soil. Its effects are not simply local, nor is stricture its only terrible bequest, but ulcers may form in the kidneys and various other portions of the body. Where these results are escaped at the time, nature may still be holding in reserve terrible scourges with which to punish the guilty when they arrive at middle life.

When talking with a publisher upon this subject some months ago he said that the examination of the manuscripts and proof-sheets of medical works had so impressed his mind with the consequences which were likely to follow in middle life as the result of gonorrhea contracted in the earlier years that he was constantly in mental dread of what the future possibly had in store for him.

A specialist connected with one of the best medical colleges in this country, recently said to the writer, that if he were to find that he had contracted gonorrhea, knowing its terrible consequences as he did, he would be frightened half to death.

One of the most eminent surgeons in this country in a conversation with the writer upon the same subject said, knowing what he did about the two diseases, gonorrhea and syphilis, if he were required to choose between the two, recognizing the effects which are likely to follow gonorrhea in the after years, he did not know but that he

would choose syphilis as the less of the two great evils.

Later medical authority is everywhere agreed that many of the destructive influences which despoil young wives of their bloom, converting the strong, healthy and vigorous into confirmed physical wrecks, rendering them incapable of motherhood, inflaming the mucous coating of the vagina and the womb, diseasing the fallopian tubes and oftentimes rendering ovariotomy, or the removal of the ovaries, necessary, —not simply one, but all of these not only *may*, but oftentimes do come to unsuspecting wives as the result of gonorrhea contracted by their husbands either before or after marriage, and subsequently communicated to their wives.

We have named these facts here, not for the purpose of adding mental torture to physical suffering, but in order that we might effectively enjoin upon men who come into possession of this knowledge the importance of using their personal influence to disabuse the

minds of young men of the false ideas which they have with regard to the in nocent nature of what all intelligent physicians have now come to regard as one of the most terrible diseases to which mankind is exposed.

It is not well that the mind should be filled with apprehensions with regard to diseases and maladies which may never come. Indeed, worry itself may bring on some of the very diseases which the person is anxious to escape. Should gravel or stone in the bladder, disease of the kidneys, swelling of the glandular structure, or difficulty in relieving the bladder make their appearance, no valuable time should be lost in consulting a competent and reliable physician.

The treatment of the subject of hypertrophy or enlarged prostate is reserved for a special chapter, but before leaving the subject of functional disorders we should say something with regard to that abnormal class of persons, who so often receive execration when they deserve consideration from

their fellow-men, and from the profession, medical or surgical, sympathy and help. Doctor Acton in writing of "functional disorders in persons who know the consequences of sexual excesses but cannot control their passions," says: "This is a class of persons the consulting surgeon occasionally meets with, who are deserving of great sympathy. Their passions depend too frequently on a state of excitement over which they themselves have no control, although its origin may be traced to their own excesses. These patients come to ask our assistance, not with any object of obtaining power, but because they suffer from urgent desire, which a careful examination of the case often convinces us is fictitious, and dependent upon some irritation going on in one part or other of the canal. In some persons, a full bladder will occasion it; in others, irritation about the rectum, preceding from worms or hemorrhoids; in others, again, acidity of urine will induce a morbid craving that is often most distressing

to the sufferer. Frequently the affection depends upon neuralgia of the bladder, or stone in that viscus. In other instances, I have seen reason to attribute it to some affection of the skin covering the generative organs, causing local excitement. It is all very well to desire such patients to resist these morbid desires, but until appropriate local treatment is prescribed, there can be little hope of amendment. Some few think that this unnatural excitement is healthy. They pride themselves upon it, appear astonished at the surgeon wishing to remove the cause, and cannot comprehend that their constitution has been much reduced by the fatigue which the organs have undergone. Ultimately, for the most part, common sense triumphs, and they feel intensely grateful for the relief they obtained."

CHAPTER X.

ENLARGEMENT OF THE PROSTATE.

General Prevalence Among Older Men.—How It Manifests Itself.—Hesitation in Beginning to Void the Bladder.—Reduced Force of Stream.—Location and Function or Office of the Prostate.—Conditions Which Attend Its Enlargement.—Relation of the Prostate Gland to Mental Trouble.—Cause of Enlargement.—Irritation of the Bladder.—The Senior Doctor Gross Quoted.—Precautionary Measures.—The Author's Experience and Method by Which He Secured a Gratifying Measure of Relief.

THERE is one functional disorder, so general among men of middle life, that all men should have an intelligent understanding of its nature, and also of its cause. The affection to which we refer is known as "enlargement of the prostate gland." The prevalence of hypertrophied or enlarged prostate may be judged by any person who frequents public urinals. In most in-

stances it will be found that men of middle life experience some hesitation in beginning the voiding or emptying of the bladder. Where this is not the case, it will nevertheless be generally found that the stream which is thrown lacks considerably in force. These simple indications are easily observed by those who have the intelligence to note the facts.

Doctor Kellogg in writing upon this subject says, "Many persons have a considerable degree of enlargement of the prostate without being aware of the fact, the increase in size being so gradual that it is not observed until so great a degree of obstruction to the passage of urine is produced as to require a considerable degree of voluntary expulsive force. The size of the stream is not usually lessened, but the force is greatly diminished. The patient urinates with much greater frequency than usual, and as the disease advances, considerable irritability and discomfort in the rectum is occasioned by the frequent and violent straining

effort required to evacuate the bladder. After a time, the obstruction becomes so great that the bladder cannot be *completely* evacuated by any effort on the part of the patient. When it becomes greatly distended, a small quantity of urine may be forced out by violent efforts, and during sleep a sort of overflow occurs, which may be the first symptom to which the patient's attention is seriously directed. The retained urine decomposes, becoming alkaline, irritating the mucous membrane, and setting up a catarrh or inflammation of the bladder and a great variety of attendant disorders and inconveniences which, if neglected, may lead to fatal results. We have frequently met cases of this kind in which the bladder contained almost incredible quantities of urine which had probably been retained for weeks. In some cases, possibly the bladder had not been fully emptied for months."

Now it would be misleading to conclude that any large proportion of men

of middle life and beyond experience all that is described in the preceding paragraph. Many men go well onward into the advanced years of life without experiencing any serious inconvenience from the enlargement of the prostate gland. It is stated, however, that fully one-third of the men who have attained fifty years have more or less enlargement of the prostate.

As this department of our subject is of such universal interest we may properly be expected to acquaint the reader with its location, its office and the conditions which attend its hypertrophy or enlargement.

The prostate gland is situated just before the neck of the bladder in males and surrounds the beginning of the urethra, the duct which leads the urine from the bladder into the outer world. It is situated on the under and posterior part of the neck of the bladder, so as to surround the lower side of the urethra. During the reproductive years it is the office of the

prostate gland to secrete that fluid which imparts life to the spermatozoa, or germs, transmitted by the male in the act of coition.

Why the enlargement of the prostate gland should ever result in mental trouble will be readily understood when the nature of its office is comprehended. In order that it may do its work efficiently, it is necessary to be connected with the outer world by nerve centres located in almost every part of the body. It is well known that sexual desire is begotten not only by what one sees, or by the word spoken into the ear, but by the sense of smell and of feeling as well. If the reproductive organs were not thus intimately connected with all of the senses, they would not properly respond to the divine intention in the act of transmitting life. It is because of this nervous relationship to the brain and all the nerve centres that solitary vice and sexual excesses, as well as enlarged prostate or any disorder of the reproductive organs is

liable to be complicated with nervous results, which, in extreme cases, may even produce insanity.

When the male passes the period of reproductive energy and enters the period of larger sexual repose, the prostate generally loses its function and hypertrophy or enlargement, at least to some extent, generally ensues. In most instances no inconvenience is experienced beyond that of a slight delay in beginning the voiding of the bladder and the attendant diminished force of the stream.

The instances, however, are numerous in which the pressure of the prostate upon the urethra produces, not only the two effects named in the preceding paragraph, but causes that the bladder cannot be completely emptied when urinating. The amount of urine retained in the bladder may not be more than a few tablespoonfuls; but it being the last, this remnant is likely to contain some sediment, and the decomposition, which is likely to follow, is liable to set up an irritation at the neck

of the bladder. This local irritation is usually first noted because of an irritability of the bladder which occasions discomfort at night, gives a sense of fullness and causes the patient to desire to empty the bladder during the hours formerly given to uninterrupted sleep. Where these occasions are not repeated too frequently during the night, little attention is given to the inconvenience, and the matter is likely to be passed by without any thoughtful consideration. If a slight cold should settle in these parts, an inability to retain the urine for any considerable time may be experienced, and after each urination water may continue to drip from the urethra, and such a condition is likely to call the attention of the patient to the importance of consulting a physician, and the adoption of such measures as are calculated to arrest the further progress of the disease for months or even years.

According to the senior Professor Gross, formerly of the Jefferson Medical College, the causes which result in en-

largement of the prostate "act in a slow and permanent manner. Whatever, therefore, has a tendency to keep up habitual engorgement in the organ, may be considered as being capable of producing the affection. Augmented action necessarily occasions an augmented afflux of blood and a corresponding increase of nutrition. Diminished action has a reversed effect. Amongst the more frequently enumerated causes of the malady are excessive venery, stricture of the urethra, disease of the bladder, horseback exercise, gonorrhea, and the employment of stimulating diuretics; but, in general, the influence of these causes is apparent rather than real. They are, no doubt, all capable of inducing the disease; but, on the other hand, it is equally certain that they are often accused when they are entirely innocent. Some of the very worst cases of hypertrophy of the prostate occur in old men who have led the chastest of lives, who have not ridden on horseback for forty or fifty years, and who have never had

the slightest disease of any kind of the urethra."

In some cases there is considerable sensation and burning at the time the urine is voided, in others the bowels may be emptied with inconvenience or pain, and the lower bowel never feel completely emptied even after the most thorough purgation. In advanced chronic cases, or in acute attacks, there may be uneasiness or even pain in sitting because of the pressure of the parts which adjoin the prostate, which is situated only about an inch and a half or two inches from the anus. Where such conditions exist, sexual intercourse, stimulating foods, tea, coffee, tobacco, liquor and vinegar, and even tarts and acids should be avoided, together with all griping purgatives. Cushioned chairs should not be used as they cause a heating of the parts, and are consequently injurious. Physicians warn their patients against horseback riding, and in many instances prohibit bicycling, especially where the saddle is such as to cause the

slightest pressure upon the anus and perineum.

In the catalogue of injurious influences, medical books also enumerate the dangers of persons who spend hours daily in air impregnated with the odor of tobacco, or where they inhale the odors of spirituous liquors. In extreme cases rest in a recumbent position is of great service, but the patient should be encouraged to moderate exercise in the open air during pleasant weather.

We have known quacks and charlatans to insinuate that an enlarged prostate comes solely as a result of excessive coition, and to promise complete recovery to those who abstain totally from the sexual relation and take the expensive drugs which they prescribe. Such insinuations and pretences are thoroughly unreliable. The sexual relation should of course be carefully guarded; and what we have to say in addition upon this subject will appear in a subsequent chapter upon the marriage of men of middle life and beyond.

Believing that the experience of the

writer may prove suggestive to younger men and serviceable to men of middle life he is inclined to introduce at this point some facts concerning the enlargement of the prostate gland which he would otherwise prefer to omit. Eighteen years ago, when thirty-five years of age, the writer was among the first clergymen in this country to adopt the bicycle as a means of recreation. For some six years I rode the high wheel, usually devoting the month of August to a tour of several hundred miles. The saddles at that time, and for years afterward, were unsanitary and injurious in their effects because of the pressure against the perineum, and the consequent irritation of the prostate gland. As the riding was at that time largely confined to young men, the results of the unsanitary saddles, rigid frames and excessive vibration were scarcely realized even by the medical profession. What these consequences have been to many men, it required the later years to disclose. After several years of

cycling, I discovered that in the fall of the year, for a period of a couple of months, there was a tendency to waken at night for the purpose of emptying the bladder. My love of cycling inclined me to attribute this to the eating of melons, peaches, grapes and such other fruits as contained a large quantity of water. With the early winter these conditions usually passed away and did not return until the succeeding summer and fall. Some six or eight years ago I noticed that the disturbed tendency at night was projected over most of the year, and gradually increased until it became necessary to empty the bladder, from one to three and four times each night. Two years ago I began to give this matter medical attention. The difficulty, however, has continued, and during the past year I have seldom passed a night without the necessity of urinating at least twice, but generally three and four times, and occasionally as many as six and seven times.

To avoid being broken of my rest

and the danger of exposing myself to taking cold I early formed the habit of lifting the receiver into the bed and voiding the bladder while lying on my side. The quantity of urine passed was always small, but the necessity to void it was imperative, if I desired to sleep. While the annoyance was always unpleasant, the most disastrous result was the interruption of sleep. When wearied and nervous, it was oftentimes difficult to resume perfect rest and sleep, and that phase of the difficulty assumed the greater gravity.

Some months ago in my reading I came across a suggestion which I resolved to enlarge upon and experiment with. It was the flushing and cleansing of the rectum by the injection of tepid or warm water just before retiring.

As physicians know, the prostate gland rests against the rectum and is separated from it only by the thin tissues which compose it. The prostate rests against the rectum only about an inch and a half or two inches from the

anus, and by an experienced finger can be readily felt and distinguished when inserted into the orifice at the lower extremity of the body. It is well known that constipation or an accumulation of effete matter in the colon and rectum tend to irritate and aggravate the conditions which accompany enlargement of the prostate.

Where constipation is constitutional or temporary, considerable relief will be found by drinking a glass or more of water immediately upon rising in the morning. This tends to cleanse the stomach and smaller intestines and to move the bowels, in the course of an hour. The medical teaching of to-day is to the effect that few persons drink a sufficient amount of water to cleanse properly the sewerage of the body Both the kidneys and the bowels are frequently congested and impeded in their work by a lack of sufficient fluid to flush and carry out of the body those particles of effete matter which are permitted to accumulate in the intestines, bowels and bladder. It is

doubtless true that many persons suffer from headache and other ailments that would be greatly relieved by drinking a greatly increased quantity of water.

Where constipation is persistent or even temporary the flushing of the colon or large intestine by the injection of water at a temperature of from ninety to one hundred and two, using a fountain syringe, and injecting the water while the body is in a recumbent position, or better, lying upon the right side or resting upon the knees with the forehead down upon the floor, are possibly the best positions to secure the passage of the water to the extreme end of the colon. Such flushings taken once or twice a week to relieve temporary need, until a better order can be established, will be found very serviceable. The influx of water should not be so rapid as to cause discomfort at the time or griping afterward.

The flushing of the rectum, however, differs from the flushing of the colon

in two or three particulars. The flushing of the rectum is taken in a sitting posture, over a closet, and as the water accumulates in the rectum it is permitted to pass out while the stream continues to flow in from the fountain syringe. The anus and the nozzle or tube should be carefully anointed with cosmoline, oil or castile soap, so as to guard against any possible injury to the tissues. If the longer tube, generally used by women for vaginal flushings, is used, it may be passed further up into the rectum by pointing the ascending end toward the back of the body as it is gradually passed upward, after the end has been inserted into the anus, and the water begins to flow into the rectum.

The introduction of this water into the rectum accomplishes several important results. It cleanses the rectum, removes pressure from the prostate, relieves from local irritation, enables the bladder to be thoroughly emptied before retiring and thus prevents the decomposition of urine and

irritation in the bladder, enabling the patient to enjoy a night of greater repose and thus contributes to a general physical improvement and increased endurance.

When beginning these flushings I made a careful record each week of the result. When I began I was uniformly wakened three or four times each night, and sometimes oftener. I abstained from the use of all tarts and sours except lemonade, and carefully avoided everything which would produce a sense of local irritability. The first week I filled the two-quart bag twice with water and used the flushings morning and evening. I immediately found the local irritation allayed and a sense of increased sexual repose. During this first week I was not awakened any night more than twice, and two nights during the week but once each night. The second week I was away from home for three nights, omitted the irrigation, but was not wakened any night more than twice. The third week I abandoned the flush-

ings in the morning, but continued them each night. Five nights I slept with only one waking, the irritation at the neck of the bladder gradually subsided, and its capacity to receive and retain an increasing quantity of urine gradually returned. I drank lemonade with impunity during those August days without feeling the slightest injurious effects, but avoided its use before retiring at night. The fourth week I passed two successive nights without waking, with all local and general physical conditions greatly improved.

The fifth and sixth weeks I had nights in which I slept from start to finish—eight hours—without waking, and four of these nights were in succession. The other nights I awoke but once, save one night after eating freely of watermelon in the morning and at noon preceding.

I have been thus explicit because I believe the suggestion a very valuable one. It is simple, inexpensive, and when properly performed can do no

possible injury, although as a rule I recommend all and especially those who are under medical treatment to adopt or follow only what their physicians prescribe.

A specialist in genito-urinary diseases, and another specialist of rectal diseases both assure me that no possible injury can result to any one from the use of the flushings I have here described. No one should use water of a temperature below eighty or above one hundred and two, unless acting under the direction of a physician.

It should be noted that when flushing the colon for the relief of constipation before retiring, it is important to empty this organ carefully as the water which is retained will accumulate during the night in the bladder and make it necessary to empty that reservoir more frequently. This, however, is not the case when using only the flushings of the rectum. In the flushings of the rectum I have used water from ninety to one hundred degrees with preference for the latter

temperature, and have regularly refilled the two-quart bag the second time at each flushing.

I have not named this experiment with the thought that this method of treatment is wholly new or has been left untried by physicians on genito-urinary diseases, but I have named them to show what was accomplished by only a little attention in a few weeks and all this after these aggravated conditions had continued through a series of years.

Several months have at this writing elapsed since this experiment was made and discontinued. The benefits which were secured by these flushings of the rectum have proven to be worth all they cost, as they have been, not wholly, but measurably permanent, in their results. I have not sought to hold out the hope that such treatment would result in a permanent cure, but I am confident that in many cases it will give a temporary, but much appreciated relief.

CHAPTER XI.

THE MARRIAGE OF MEN OF MIDDLE LIFE

The Period Ordained by Nature for Marriage.—Question of Marriage at Middle Life, a Complex One.—Disparities of Age, Culture, Position, etc.—Conditions which Follow where One is Young and the Other has Passed the Climacteric Period.—Considerate Views of Doctor Acton.—Continuance of Virile Power in Old Men.—Diminution of Sexual Inclination and Loss of Erectile Power.—The Primal Purpose of Marriage.—The Right of Children to be Well Born.—Character of Animals the Product of Old Sires and Dams.—Physical, Mental and Moral Character of Children of Aged Parents.—Propriety of Marriages Induced by Other than Physical Considerations.—Marriages which are Justifiable.—Dr. Dio Lewis' Letter to Rich Man of Sixty-six About to Marry Frivolous Girl of Eighteen.—Important Advice of Various Physicians Quoted.

THE time best suited for the marriage of both men and women is when full maturity is reached. That this is the time which is intended by the

Creator becomes manifest to any one who studies the physical, intellectual, moral, social, financial and other benefits which are to be derived from marriage. If natural laws were not interfered with by artificial conditions, it is likely that nearly all people would marry by that time. Questions of education, finance, and other considerations sometimes properly, and sometimes improperly, greatly defer the period of marriage. Whatever may be gained in some respects by deferring marriage until middle life is approached, the postponement is, nevertheless, in many particulars, one of the greatest real losses that either man or woman can suffer in this relation.

It would be neither wise nor exact to lay down a universal rule against all marriages of men of middle life. There are instances in which marriage at middle life may prove a manifest benefit to both parties. The great objection to be made to marriages at this period, is the great disparity of age, position, culture, etc., which usually

exist in such cases. Indeed, the large majority of cases to be heartily disapproved, because of their terrible consequences, might easily be classified under the head of disparity of age, and the differences which grow out of wealth upon the one hand, and poverty upon the other.

A considerable disparity of age, even where persons are married in early life, constitutes a very serious objection. Instances can everywhere be found in which young men have married girls ten and even fifteen years their senior, who have lived happily for a period, but when the climacteric period or change of life came to the wife, such differences and discords arose as led to great unhappiness, and in some instances to injustice and even to suicide or murder. Where the reverse is the case and the man is ten or fifteen years the senior of his wife, when the period of sexual repose has come to him and he has found himself physically unable to respond without weakness and discomfort to demands which previously

afforded him pleasure, that where either one or both parties were not intelligent with regard to the cause of such physical changes, embarrassment and dejection have been followed by conditions which preyed upon the mind, and have not unfrequently led even to suicide.

This matter of disparity of age is a very serious consideration, even to those who marry in the earlier periods of life. Intelligence with regard to the actual conditions which are certain to ensue, and great consideration and tenderness on the part of the younger for the older partner are the only requisites which can ever avert the unhappiness and misery which are otherwise inseparable from ill-mating because of disparity of age.

Dr. William Acton sounds clear notes of warnings upon these subjects. He does not set himself wholly against the marriage of men of middle life, but after insisting upon the importance of being equally yoked together in matters of age, position, purposes and tastes, he has the following to say in

reference to instances which are permissible and are to be encouraged. "I must not be supposed to set my face against every elderly man marrying if they will, but let them select a suitable companion. What I object to is December allying itself with May. Daily do I give my sanction to a man advanced in life (but left on the strand, without relations or friends) marrying if he has the wish, and his health is good, and he can select a lady of suitable age. My opinion is, that if such a man avoids marital excesses, the best thing he can do with a view of prolonging life is to marry. Certainly I can say that the results I have witnessed have borne out the correctness of the advice I have given; marriage, even late in life, has conduced, in numerous instances that have come under my observation, to the happiness and longevity of many elderly people. It is only against injudicious and ill assorted marriages and consequent injurious excesses that I set my face.

"Subsequent and more extensive ex-

perience, however, has assured me, that, in the present state of civilization, there are many cases in which a man may marry late in life with great advantage. I now submit a patient who desires to marry late in life to a close examination. If I find him a hale person with a sound constitution, I see no objection to his settling, provided always he selects a suitable person as regards age, position, etc. That which alone I object to, in consideration of his future health and happiness is his uniting himself with a young, gay or volatile girl. I am quite certain that marriage, even late in life, contributes to a man's longevity, if the woman he chooses is suitable as regards age, disposition, and temper. The observations already made in this chapter particularly apply here. If the newly married man will but be moderate and commit no excess of any kind, I am an advocate for his marriage rather than that he should remain single. The reader should recollect that in these cases the surgeon does not *advise* all

elderly people to marry, but he sees no valid reason why an attachment already formed should be broken off merely because a hale and hearty bridegroom is advanced in life. I am cognizant of many instances of persons who are now living very comfortably and happily, who married late in life. In these instances no ill consequences have happened. If, however, an elderly man is disposed to marry beneath him, or to contract marriage with a young and worldly woman, I think his medical adviser should do all in his power to dissuade and warn him of the danger he is about to incur. Nevertheless, experience teaches us that the advice is but little heeded. I am well aware that many cases can be cited in which men have married late in life, and had families. Undoubted instances of virility at the age of nearly one hundred years are on record; but in these cases the general bodily vigor has been preserved in a very remarkable degree. The ordinary rule seems to be, that sexual power is not retained

by the male to any considerable extent after the age of sixty or sixty-five."

It would be both safe and thoroughly correct to say that instances where men have possessed virile power and become parents at the age of eighty and one hundred years are not only exceptional, but even abnormal. They are counterparts of instances in which female children at the age of six and seven have menstruated, or very young male children been able to emit semen. The man who calls his reproductive power into frequent exercise after passing forty years of age is not likely to retain virile power even until he is sixty. These powers can only be preserved by being safeguarded, by considerateness and by great moderation.

The secretion of semen continues for a considerable number of years, even after the testicles, or male appendages have considerably atrophied, or diminished in size, and even after sexual inclination has largely disappeared and erectile power been lost. The secretion

of semen takes place in old men, although very slowly, just like the saliva, the bile and other fluids of the body; but when once the period of loss and decay has arrived, no man can be subjected to its repeated loss without serious injury. Indeed it is a good thing that nature sounds a warning by following the reproductive act in old men with a sense of great languor.

Not only do sexual inclinations diminish and erectile power gradually disappear, but the act is frequently attended by results which are the most unsatisfactory in their character. Doctor Acton says: "several most intelligent and observant elderly persons have assured me that as they have advanced in life the emission of semen has been attended with absolute pain—a sort of scalding or burning as the fluid passes. This is so great that they dread the occurrence, as it takes away from the pleasure of the act."

It is universally conceded that the great primal purpose of marriage is the perpetuity of the human race; and

the other purpose, which is almost equally important, the happiness and temporal and eternal well-being of the two persons who enter into the marriage relation.

The period at which procreation and reproduction are most likely to take place is during the decade which follows the marriage of young persons who have just attained their full bodily maturity. After this first decade the probabilities of conception are gradually diminished, but not wholly removed, until after the period of change of life in woman and of the loss of virile power upon the part of man, when the woman is no longer able to conceive or the man to transmit or beget life.

Every child born into the world has a right to demand of its parents that it shall be well born—that it shall have its full equipment of physical, intellectual and moral power. This result can only be attained where both parents are possessed of those qualities and endowments which they desire to

transmit. Life is naturally divided into three periods, the earlier which is one of rapid growth; this is followed by a period of balanced existence, after which comes the later years of loss and decay. It will therefore be readily seen, that when the parents have not attained their bodily growth, or when they are themselves subject to the loss and decay attendant upon the later years of life, it would be impossible to beget and bring forth children possessed of the best endowments. It is only during the period of balanced existence that parenthood can be exercised and children born into the world with their best possible endowments.

In his book entitled "The Transmission of Life," Dr. George H. Napheys says: "The physiological change which takes place in the secretion in advanced years deprives it of the power of transmitting life, and at last the vigor of the function is lost. The spermatozoa, which in manhood are bodies formed of a conical head and a long, vibrating extremity, lose

the latter portion of their body, and become mere rounded cells, without the power of independent motion. With the impotence of decrepitude, however, we have little to do, and as to its prevention—cure, there is none."

Dr. Acton says, "Professed breeders of animals refuse to rear the produce of old sires and dams, and have learned to recognize this class of young stock by several marks, as for instance the deeper hollows over the eyes, and by the sunken eye itself. So well are these facts known to horse-dealers, that they refuse to purchase young horses presenting these appearances, being convinced that they will not stand work, or turn out well. As far as my experience goes, no doubt can exist that old men may and do retain the power of connection under the influence of certain stimuli. . . . Such men may have children, but experience teaches us that these infants are difficult to rear; they are not the best specimens of the English

race. Too many are of a nervous, irritable frame, their intellectual qualities are not equal to those of the father, and they suffer as they progress in life from affections of the brain and nervous system. . . . We are, therefore, forced to the conclusion that the children of old men have an inferior chance of life; and facts daily observed confirm our deductions. Look but at the progeny of men who marry late in life, what is its value? As far as I have seen, it is of the worst kind—spoilt childhood, feeble and precocious youth, extravagant manhood, early and premature death."

Doctor Gardner says, "Children, the issue of old men, are habitually marked by a serious and sad air spread over their countenances, which is manifestly very opposite to the infantile expression which so delights one in the little children of the same age engendered under other conditions. As they grow up, their features take on more and more the senile character, so much so that every one remarks it, and the

world regards it as a natural thing. The old mothers pretend that it is 'an old head on young shoulders.' They predict an early death to these children, and the event frequently justifies the horoscope. Our attention has for many years been fixed upon this point, and we can affirm that the greater part of the offspring of these connections are weak, torpid, lymphatic, if not scrofulous, and do not promise a long career."

All this is due to the deteriorated condition of the seminal fluid. The parent no longer has that vitality and strength to transmit, which is essential in the production of healthy and happy children.

But the child that is born to a mother when she is approaching the period of a change of life, or is begotten by a father who has passed that period when the physical powers have begun to decline, will not only come into the world defrauded of its inalienable rights to a good inheritance of physical, intellectual and moral endowment; but will be the child of parents who have passed

the flower of their manhood and womanhood, and who are no longer in sympathy even with a healthy child, and much less with one that is born weak, nervous and in need of the tenderest sympathies and considerations possible.

One of the reasons why God deprives men and women in middle life of the power of transmitting and bearing children is because upon the parent is laid the obligation to provide for the support and nurture of the child until it has reached the years of independence, and is capable of self-support. The man who accepts the responsibilities of a father after he has passed middle life, is assuming obligations which he is not likely to be able to fulfil. His progeny, which are likely to be all the more dependent because of the various inherited infirmities, are likely to be left fatherless, or dependent upon a father who is not capable of affording them the sustenance and education which it is his duty to provide. These very children, whose weaknesses make them the less capable of self-sup-

port, are doomed to be left without care and support before they are old enough to care for themselves and to provide their own support. It is wrong for parents to bring into the world children who are to be left real orphans, or practically such, before reaching maturity and independence.

But the perpetuation of the human race by the propagation of children is not the only purpose in the institution of marriage. In ordaining marriage God contemplated the happiness and well-being of the two who enter into this relation. If we keep this fact in mind we will avoid some of the groundless objections which are made to the marriage of men of middle life. A man who knows the joy of home, of companionship and of the blessings which have clustered around his fireside, but who is left solitary and alone by the death of his wife, deserves the sympathy and the consideration which he is very likely to receive at the hands of his fellow-men, if, when he marries again, he selects a companion

of suitable age, of kindred tastes and culture, and spiritual training with himself. The trouble generally is that the considerations which prompt to remarriage are based upon physical, rather than upon social considerations. Companionship is not made the primary, but the secondary consideration.

It would not be just or right to declare that all marriages in which there is a disparity of age are induced primarily and principally by physical considerations. There are occasional instances where persons separated in age by a considerable period of years, who have known each other for many years, have lived under the same influences of intellectual and spiritual culture, have wrought along the same lines and purposes in life, may be brought together in a union of perfect sympathy and happiness which is only marred by the suspicion which may be unjustly thrown about them.

Such marriages, however, are not the ones against which the voice of dissent is so generally raised. In

writing upon this subject Mrs. E. B. Duffey in "What Women Should Know," says: "It seems as though it ought to be unnecessary to mention the abhorrence with which all right-minded people should regard the marriage of the young of either sex with the old of the other. There is something utterly repugnant to good morality and good taste in such a union. It can certainly never be brought about through motives of mutual affection. And the young girl who would enter into the bonds of marriage through mercenary motives is worse, if possible, than the prostitute. The latter debases herself alone; the former not only debases herself, but degrades the ordinance of marriage. In marriages of convenience between those of similar ages there is still the possibility that assimilation of tastes and feelings may take place between them, ripening into a true affection, so that, after all, they shall become married in heart as well as in outer bond. But in the case of the marriage of the young with the

old there is no possibility of this final result, for there can never be any harmony of tastes, any unison of ideas, any oneness of purpose, all which go to constitute marriage, between them."

In many of these ill-assorted marriages of old men to young girls, the motive upon one side is physical, and upon the other is financial. One lusts after the flesh, and the other lusts after the gold. Dr. Dio Lewis in his book entitled "Chastity," has a letter which he addressed to a wealthy gentleman of sixty-six years of age who was about to marry a young girl. As such instances are not altogether rare, it is in place to quote Dr. Dio Lewis' letter at this point.

"MY DEAR MR. H.: I have no doubt you will think this letter impertinent, but I cannot refrain. You are sixty-six; your intended is eighteen. You are rich; she is young and pretty. You marry her for the same reason that an old Turk purchases a young and pretty Circassian girl; she marries you for your money. Am I not about

right? Take away your fine house, carriages and bank account, and do you suppose the young lady would marry you? If you think so, you are deceived. She takes your grand wealth, subject to a mortgage, with a secret hope that the mortgage may be quickly canceled. If you thought so, you would pronounce her mercenary and heartless. And such she undoubtedly is. But *you* are not the person to condemn her. Suppose she were fifty years old instead of eighteen, but possessed of ten times the intelligence, moral development, grace of manner and genuine love for *you* that this young girl has, but instead of a round, plump body, was a little brown and wrinkled, would you marry her? No; it is not a companion, an adviser, an intelligent, appreciative, sympathizing friend, a real wife and mate, that you seek, but it is the case of the old Turk with a bag of gold visiting the market where the pretty Circassian girls are for sale.

"Fortunately, you have no children.

I have known several old men to marry young girls and bring them home to preside over families of daughters many years older than the new mother. In such cases a wretched estrangement and quarrel is inevitable. The bride is almost sure to be designing, with an eye on the treasury, or, what is common, a soft young thing without ideas. Think of a childish old man bringing this schoolgirl home to preside over the family of maiden ladies who know all about things and comprehend their father's weakness! It is difficult to imagine a more distressing situation. The marriage of an old man to a young woman is a violation of natural law, not to say of decency; and although it occasionally involves somewhat of the 'old man's darling,' the case is very rare in which there is not sooner or later, a deep, sore disappointment and dissatisfaction, all around, to say nothing of secret sneers and contempt of outsiders."

These words are severe, but they are no more severe than the circumstances

demand in many instances where old age and decrepitude are united to youth and vigor, where a senile old man is united in marriage to a young girl possessed of all the vivacity and physical attraction with which God has endowed her in order that she might be rendered attractive and happy in a marriage with a man of her own age. If there is anybody who is more to be censured than the old man who marries such a girl, it is the parents who encourage and sometimes compel a daughter to enter into a union of this kind because of the wealth which the old man possesses.

Doctor Napheys in writing of the marriage of old men says: "Where a father or a mother whose children are yet dependent and have a right to the protection and shelter beneath their father's or their mother's roof desire to marry again, they should always take into consideration the rights of their children which they should ever be unwilling to ignore. In marrying for the first time the parties have only them-

selves and their own happiness primarily to consult. With widows and widowers this is not the case. Many women make very poor stepmothers and the statement is frequently true of stepfathers. A discreet physician says, "As years increase, the solicitations of love should be more and more rarely indulged in; and they should at last be wholly avoided when they leave a sensation of prostration, or mental dulness or disturbance. If at any time during middle life or later, absence, or the death of a wife, should enforce temporary suspension of the masculine powers, the greatest caution should be exercised on resuming their use on return, or a second marriage."

Another physician says, "Experience has taught me how vastly different is the situation of the class of moderate men, who, having married early, and regularly indulged their passions at longer and longer intervals, seldom come under the medical man's notice, from that of widowers of some years' standing, or men who have,

through the demands of public or other duties, been separated from their wives during prolonged periods. When the latter class, after leading lives of chastity, suddenly resume sexual intercourse, they are apt to suffer greatly from generative disorders. The sudden call on the nervous system after years of rest, gives a shock to any constitution, and especially to those who are already somewhat feeble."

But there is another consideration which is of paramount importance. The question of the effect of late marriage in the production of a weak progeny and the question of companionship, home and happiness are not the only considerations. It is important also to consider the physical and intellectual effect of the marriage of a man in middle or later life to a woman who is many years his junior, especially if the marriage is induced upon the part of the man by physical considerations. If the man is intelligent and his wife is apprised of the fact, and sympathizes with him and a life of

great moderation is lived, sad consequences may be avoided. But where the husband is ignorant of the terrible consequences which may ensue, and indulges his sexual inclinations, he is in great danger of suffering any one or a number of diseases which make up quite a catalogue. Many a man of splendid intellectual endowment, but who was thoroughly unacquainted with the results of excesses to men of middle life, has married and moved blindly forward until he has stood under a cloud of great physical embarrassment or mental darkness. Physicians have frequently noted that after a period of months, or of a few years, softening of the brain has ensued, while the poor victim has been all unconscious of the terrible consequences which in his ignorance he was pulling down upon his own head. In enumerating some of the effects of such excesses to men of middle life, Doctor Acton says, "In some, its effects assume the form of hypochondriasis, followed by all the protean miseries

of indigestion; in others, of fatuity; in the more advanced stages paralysis or paraplegia comes on, accompanied by softening of the brain and its attendant consequences. What in earlier life was attended by temporary languor, is in age not unusually followed by the train of symptoms alluded to above; and, when we are called in, it is too late to do aught but palliate them.

"I am every day becoming more convinced that many of the affections of the brain, under which elderly persons suffer, and to which a certain proportion annually succumbs, are caused by excesses committed at a time when the enfeebled powers are unable to support them; and I think it is the duty of the medical profession to put such sufferers in possession of these facts. Kind advice and sympathy would thus, I am sure, save the valuable life of many a man who errs from ignorance. Let us listen to the warning voice of one who, as I have before said, has written the best work on the diseases of old age. Parise is inveighing against

ill-assorted marriages of elderly persons. 'There are great risks run; for in the extreme disparity of age, and oftentimes of condition—as when a man is rich and the girl is young—nature avenges herself by spreading scandals—doubts about paternity and domestic troubles; everything is at variance, age, disposition, character, tastes, and amusements. 'What shall I do with him, and what will he do with me?' said a clever young girl of eighteen, whose parents wished her to marry an old gentleman. With regard to health and vital force, it is easy to foresee what will become of them in these unequal marriages, where a young and fresh girl is 'flesh of the flesh,' of a man used up from age, and mayhap from excesses. Evidently she commits a suicidal act more or less certain or rapid. On the other hand experience shows that the elderly man who thus risks his repose and his existence, speedily finds his health grievously affected.'

"Let the elderly man, then, pause

and reflect, that a human sacrifice, either male or female, is generally bound to the horns of the altar that sanctifies such marriages. In the present state of society with our manners, passions, miseries, *man does not always die—he sometimes destroys himself.* And the sort of union I have touched upon is one of the most ingenious devices of men to expedite that natural 'wear and tear' by which our vital forces are expended in the course of three-score years and ten."

Where old men marry young women, dissatisfaction, discord, dissension and divorce or death are likely to follow. The former of these, or indeed the entire category, may come as the result of the loss of virile power growing out of sexual excesses. Where the wife is possessed of inclinations to which the husband may not respond because of lack of virile power, there is likely to come to him a sense of anguish and mental suffering. A philosophical writer says: " In losing the command of This function at an age when it should

be vigorous, man loses his self-respect, because he feels himself fallen in importance in relation to his species. Therefore the loss of virile power, real or supposed, produces an effect more overpowering than that of honors, fortune, friends or relatives; even the loss of liberty is as nothing compared to this internal and continual torture. Those who suffer from injustice or misfortune can accuse their enemy, society, chance, etc., and invent or retain the consciousness of not having deserved their loss; they have, moreover, the consolation of being able to complain, and a certainty of sympathy. But the impotent man can make a confidant of no one. His misery is of a sort which cannot even inspire pity, and his greatest anxiety is to allow no one to penetrate his dismal secret."

CHAPTER XII.

THE YEARS BEYOND.

The Man at Forty-Five Determines What the Man at Eighty shall be.—A Genial, Companionable old Age Possible to All.—Growing old Beautifully.—Importance of Well-Defined Purpose to Keep Strong and Bright.—The Principles of Chauncey M. Depew.—The Choice of Exercise.—Gladstone Greater at Eighty Than at Fifty.—Weak Bodies Command, Strong Bodies Obey.—Napoleon's View of Physical Strength.—Never too Old to Begin Physical Culture.—Better to Begin Early.—Illustrations of Men of Power in Advanced Years.—William Cullen Bryant's Mode of Life.—Exercise in Doors and Out of Doors.

THE man who has reached the age of forty-five has entered upon that period which bears a very important relation to the years beyond. As the years of boyhood determine what the mature man is to be, so these years which have been called "the youth of old age" determine what the man is

to be throughout the remainder of his life. These are the months when he is to decide whether the years which still remain to him shall be years of weakness, decrepitude, devoid of purpose and without energy; whether he will be cross and cranky, irritable and uncompanionable, or whether his years shall be characterized by strength and vigor and energy and usefulness, whether he will be sweet and genial, whether he will be in sympathy with the young and the middle-aged in their aims and purposes, or whether he will be a burden to himself or a blessing to the world. What he is to be will be dependent upon present thought, principle and purpose.

A young girl, a few days since, when speaking of a white-haired visitor who had just taken her departure, said, "If I could be such an old lady as that, so beautiful, serene, sweet and lovable, I wouldn't mind growing old."

Her keen witted companion who was present at the time replied, "Well, if you want to be that kind of

an old lady you had better begin making her right now. She doesn't strike me as a piece of work that was done in a hurry; it has taken a long time to make her what she is. If you are going to paint that sort of a portrait of yourself to leave to the world, you had better be mixing your colors now."

There was a volume of logic and good sense in this reply. Every man of forty-five is "mixing the colors" with which he is about to begin the painting of the portrait which shall present to the world what kind of a man he was during the closing years of his life.

It is important that every man of forty-five should have well defined purposes with regard to intellectual, physical and moral culture. If he becomes possessed of the idea that he is growing old and does not need to read and keep up with the thought and progress of the day, if he allows his physical powers to deteriorate because of lack of proper attention, if he withdraws himself from recreation and

shuts himself out from society and the companionship of friends, he is laying up discomfort and misery not only for himself, but for all by whom he shall be surrounded.

Chauncey M. Depew, the president of the New York Central and Hudson River Railroad, a man blessed with splendid physique, good health and immense capacity for work, after having spent a quarter of a century with that company, said "I early made up my mind from observing the men who have broken down around me and gone to pieces, that the only safe way is variety of occupation; that unless a man could relieve the strain by excursions into other fields, and especially such things as would keep up his cheerfulness and hopefulness, he was gone. I care nothing for cards, take no interest in games of chance, and at first used to spend my evenings late into the night in continuing the business of the day. Of course, that produced sleeplessness, and in a short time led to an overstrain in one direction of

the same brain fibres, which destroyed their elasticity, and resulted in bad judgment and poor work. It is for this reason that the extremely busy man can do better the next day, if, after his business hours, he can switch his mental machinery off into some channel which gives rest and recreation."

Just what forms of recreation a man at forty-five should adopt will depend very largely upon his earlier occupation, daily vocation, financial resources, his family, his social and religious life. Even the man who has not received an inheritance of the largest physical endowment, by care, culture and persistent exercise, and with an inspiring purpose in life can go steadily forward until eighty years of age and beyond with his eye undimmed and his physical force largely unabated.

It is said of Wm. E. Gladstone, the great English statesman, that at eighty years of age he was superior to what he was at fifty. All this came of an inspiring purpose in life, a resolute will

and persistent determination which kept him devoted to his daily recreations and regular means of physical culture, to his trust in God and his ability to sleep well. Over his mantelpiece in his bedroom there was emblazoned the text which doubtless entered into his inner life and banished nervous exhaustion, made him calm and peaceful and enabled him to spend in restful sleep the hours which so many devote to anxiety and worry. The text runs; "Thou wilt keep him in perfect peace whose mind is stayed on Thee."

At every period of life, the value of good health is beyond computation; but it seems even more valuable to men of middle life and beyond, because in so many instances it has been sadly undervalued, until finally lost. The means of attaining it are easily within the reach of all who are in normal condition, but its value is scarcely realized until it has been lost, and then persons spend thousands of dollars and years of effort seeking to

regain that which, while in their possession, they estimated so lightly.

It has been well said, "The weaker the body, the more it commands; the stronger it is, the more it obeys." One of the most eminent physicians affirms it as his conviction that four-fifths of all the ills from which human beings suffer are caused by an insufficient amount of exercise. Blackie in his book on "Self Culture" says, "The measure of a man's vitality is the measure of his working power. To possess every faculty and function of the body in harmonious working order is to be healthy; to be healthy with a high degree of vital force is to be strong. A man may be healthy without being strong; but all health tends more or less towards strength; and all disease is weakness."

Napoleon said, "The first requisite of good generalship is good health. To the strong hand, head, limbs and frame, fall the heavy burdens; and there fall the great prizes too. Preparation for every contingency made Cæsar. By activity

and giant determination, rather than military skill, he won." Pliny said, "It is wonderful how much the mind is enlivened by the motions and exercise of the body."

If we could say anything to induce all men of forty-five to resolve to possess themselves of the advantages which are open to every person by a series of daily, systematic exercise, we would confer upon our fellow-men a benediction of good health, good cheer and blessings impossible to estimate. By exercise we do not mean that a man is to lounge lazily in the hammock, or loll in the shade; but we do mean that a suitable portion of each day should be devoted to cheerful, hearty, energetic recreation and physical exercise.

But some men who have never swung Indian clubs, handled dumb bells, pulled at exercisers, tugged at the oar, walked with vigor by the mile, and by the hour, will say, that at forty-five or sixty or seventy they are two old to begin. This is a great mis-

take. No one is ever too old to begin, although the earlier he begins the better. If the body is weak and the muscles are flabby, the beginning should be made with consideration and moderation. But where the exercise is well chosen, begun moderately, and persistently pursued, the results will be astonishing. A few days of such exercise will give assurance of what a few weeks will secure, and the end of a month or two will bring a reward which could scarcely have been anticipated. When the blood is sent coursing in a strong and healthy flow through the entire body the muscles will acquire strength, pallor will disappear from the cheek, languor from the eye, and force and manly courage will declare themselves in every movement of the body, food will taste as in the days of yore, and the sleep will be sweet and refreshing.

Many persons are inclined to believe that physical culture is valuable only to the young. Experience shows the absurdity of such a theory. The

young may secure a larger reward in the form of a more permanent result; but a certain amount of exercise is essential to good health at all periods of life. What can be done for a man, even at seventy-two years of age is seen in the instance of Thomas Houseworth of California. "For forty years he followed the occupation of an optician. At sixty-five his health failed, and after three attacks of the grippe, his physician, who had attended him for over thirty-six years, stated that there was but little hope of his permanent recovery. About this time he became interested in physical culture, and was so impressed that he determined to give it a trial. A teacher was in his locality and he joined his class. The marvellous improvement of his general condition was noted with pleasure. In five weeks he gained five inches in chest expansion. There was a gold medal offered to the member of this class who would perform the movements most gracefully and accurately, and, notwithstanding

his extreme age, and though there were two hundred and ninety competitors, he succeeded in winning this medal. He is an enthusiastic cyclist and is considered the champion high kicker in his locality."

What exercise will do for a man, not only of forty-five or fifty, but of eighty years and beyond is beautifully illustrated in the case of Wm. Cullen Bryant, the poet, formerly the editor of the New York *Evening Post*, and an indefatigable literary worker. Shortly after his death, in the semi-weekly issue of the *Evening Post*, of June the 14th, 1878, there appeared the following letter, written by Mr. Bryant in March, 1871, and addressed to Joseph H. Richards, Esq., in which Mr. Bryant described the habits of his life, and the wonderful preservation of his physical and mental vigor. "I promised sometime since to give you some account of my habits of life, so far at least as regards diet, exercise, and occupation. I am not sure that it will be of any use to you, although the system which

I have for many years observed seems to answer my purpose very well. I have reached a pretty advanced period of life without the usual infirmities of old age, and with my strength, activity, and bodily faculties generally, in pretty good preservation. How far this may be the effect of my way of life, adopted long ago and steadily adhered to, is perhaps uncertain.

"I rise early; at this time of the year about half-past five; in summer half an hour or even an hour earlier. Immediately, with very little incumbrance of clothing, I begin a series of exercises, for the most part designed to expand the chest, and at the same time call into action all the muscles and articulations of the body. These are performed with dumb bells, the very lightest, covered with flannel, with a pole, a horizontal bar, and a light chair swung around my head. After a full hour, and sometimes more, passed in this manner, I bathe from head to foot. When at my place in the country, I sometimes shorten my

exercises in the chamber, and, going out, occupy myself for half an hour or more in some work which requires brisk exercise. After my bath, if breakfast be not ready, I sit down to my studies till I am called.

"After breakfast I occupy myself for a while with my studies, and then, when in town, I walk down to the office of the *Evening Post*, nearly three miles distant, and, after about three hours, return, always walking, whatever be the weather or the state of the streets. In the country, I am engaged in my library tasks till a feeling of weariness drives me out into the open air, and I go upon my farm or into the garden and prune the fruit-trees, or perform some other work about them which they need, and then go back to my books. I do not often drive out, preferring to walk."

It would be easy to multiply instances of men of middle life and beyond who have retained their full physical and mental powers by physical effort and energy in the open air,

and by exercise and physical culture within doors. To those who desire added information along these lines, and who wish to read an excellent book on physical culture we would recommend the volume entitled "How to Get Strong and How to Stay So," by Wm. Blackie, published by Harper and Brothers, New York.

Wonderful results can be secured by devoting only ten or even fifteen minutes daily to systematic exercise. Larger results can be secured by devoting more time; but it matters not how busy one's life may be, he can easily devote ten or fifteen minutes to physical culture immediately upon rising in the morning. When a good exerciser can be purchased for three or four dollars, or a pair of good dumb bells weighing three or four pounds a piece, at a cost not exceeding fifty cents, the price of good health is surely within the reach of all.

Care should always be taken to have plenty of fresh air in the sleeping apartments; and increased value will

be added to the exercise if it is followed by a sponge or hand bath and a good vigorous rubbing of the body, and this can be done with no larger resource than a washbowl in one's sleeping room. What the reward of these things is we have the blessedness of knowing by personal experience since we were eighteen years of age.

To those of our readers who desire to know not only what they should do, but how they should do it, we would recommend them to purchase some good magazine on physical culture.

There are various systems of exercise, both with and without apparatus, all of which are meritorious, and concerning which any person can secure full information by addressing the physical director of any of the Young Men's Christian Associations in the larger cities; or by noting some of the apparatus used in physical culture as advertised in the magazines, or by inquiry of the editor of any health journal or of the editor of some magazine on physical culture.

PART II.

What a Man of Forty-five Ought to Know Concerning His Wife.

CHAPTER XIII.

REPELLENT PEOPLE AND REPELLENT PERIODS.

The Husband Should be Intelligent Concerning His Wife for His Own Good.—For Her Comfort and Well-being Also.—Reproduction the Great Primal Purpose in the Institution of Marriage.—The Strength and Nature of the Amative Inclination.—Repellent People, or People Devoid of Sexual Inclination.—Absence of Amativeness Recognized by Children.—Advantages and Disadvantages of Such Persons.—The Repellent Periods of Attractive People.—Why Repellent at Menstrual Period.—Why Repellent After Conception and During Period of Gestation.—Universal Homage Due and Paid to Expectant Motherhood.—Reproach of Wives Who Refuse Motherhood.—Nature's Method for Securing Undisturbed Maternity.—The Third and Great Repellent Period.

WE have now come to the second division of our subject, namely, What a man of forty-five ought to know concerning his wife. In writing to husbands upon this subject, our treatment

will, of course, be very different from what it would be if we were writing to women themselves. What we propose is, to endeavor to make the husband intelligent upon these subjects, so that he may understand and interpret to himself conditions which otherwise might afford him great perplexity and oftentimes great embarrassment and difficulty. The changes through which the wife passes at the period of middle life should be understood by the husband for his own good and comfort.

But it is not only for his own good that he should be intelligent concerning the changes and manifestations which attend the climacteric period in the physical life of women, but he should be intelligent upon these subjects for the good and comfort of his wife also. Without intelligence how could he protect her in this period of her life when she needs to be guarded and shielded in ways which were not previously necessary? How shall he sympathize with her in the great struggles and trials, through which so many women

are called upon to pass, at this period of her life, unless he is intelligent and understands something of the nature and character of these changes?

To understand either himself or his wife in their modified emotions at that period when the sexual hush comes to the husband and the wife, it is necessary that the whole subject should be viewed, not from the low standard of a debased sexual passion, but from the standpoint of the exalted purpose which God had in mind in endowing men and women with reproductive power and inclination. No one can study this subject without being convinced that the great primal purpose for which marriage was instituted is the reproduction of the species and the perpetuation of the race.

In order that neither love for her parents nor the love of her childhood home, nor the pains and perils of maternity upon the part of the woman; nor the cost of the support of two persons instead of one, the maintenance of a home and the many difficulties which con-

front men in assuming the additional burdens which marriage imposes should stand in the way of this marriage union, God has endowed both men and women with a sexual inclination strong enough to overcome such deterrents. The impulses which move them to affectionate considerations, and the desire to be constantly in each other's company, may not be recognized by them as a sexual inclination, but these sentiments and inclinations are nevertheless absent in those who are wholly devoid of sexual characteristics.

But God has not only designed that men and women should be attracted to each other in a marriage union for the reproduction of the species, but He has also 'designed that at those intervals when reproduction is likely to be interfered with by untimely sexual congress the sexual inclinations should be greatly diminished, and that the attractive forces should then be largely converted into what may be called a repellent force. In arriving therefore at a clear understanding of the nature and pur-

pose of the changes which take place in the physical life of women at the climacteric period, it will be necessary to understand something of the subject which we have indicated by the title at the head of this chapter.

In writing of repellent people and repellent periods, it should be understood that we use the word "repellent," not in that strong sense which would characterize the word if we were writing of repulsive sexual perverts, but of "repellent," in the sense that the strong attractive force then becomes so much abated, that the wife who at other times would not only desire but seek her husband's caresses and embraces, will prefer at these periods to be excused from most, if not all sexual approaches. She may be simply sexually repellent, while at the same time she may not in any measure be devoid of the intellectual, social and other attractions, which may render her interesting and companionable.

Every person is likely to have observed occasional families where intel-

ligence, refinement, culture and all the endowments and graces possessed by other people are present, and yet where all the sons grow to be bachelors and the daughters all grow to be old maids. People note the fact, and oftentimes express surprise, that only occasional members of such families yield themselves to the inclination to marry. Under certain conditions, young women of this class, if the opportunity is afforded, sometimes consent to marry for the purpose of obtaining a home, to avoid what they regard as a reproach by not being married, or for other considerations; but they are never moved to it by the sentiments and inclinations which so generally induce others to assume the duties and obligations of marriage.

Children of this class may live without dangers in the midst of perils which are hazardous and oftentimes destructive to other kinds of children. Solitary vice never appeals to such children, and we have had persons of this class, who had arrived at the age

of full maturity, say that when a child at school they had never been approached by other children with evil thoughts or vile suggestions. The reason why this is true is because, in many instances, such persons are devoid of those strong sexual characteristics which distinguish other children. Without reasoning at all, children intuitively, but unthinkingly and unknowingly judge their companions in these as in many other matters. Such persons are not approached simply because they are so measurably devoid of sexual inclination as to fail to attract to themselves either the pure or the impure who are possessed of strong amative inclinations. We have known men of this class to arrive at the age of twenty-five or thirty years before the ordinary thoughts which are common to boys of eight and ten concerning sex and sexual relations have ever occurred to their minds.

This lack of the amative inclination might be regarded by some as desirable in children; but when we remember

that amativeness is strong in all the great characters which rise to eminence and distinction in almost all the departments of human life and usefulness, the absence of this sexual attractiveness cannot be regarded as a virtue, but as an absence of something which is rather to be deplored. Such persons, as we have already said, do not repel, but fail to attract others to themselves. They may have friends, but the friendships do not ripen into such affection and love as prompts to marriage.

As there are those who may be attractive in some ways while they are at all times unattractive sexually, so there are others who may be even notably deficient in intellectual, spiritual or moral attractiveness, but who are entitled to rank as sexually attractive. All members of this class are not possessed of beauty or even of physical attractions, but amativeness is a quality which they possess in a large degree, and other people are apt to like them, even though they cannot tell why.

But people who are sexually attractive at times are not so all the time. Even those women who are physically most attractive have periods when they are less attractive, or what may be denominated repellent periods.

One of these periods occurs at the time of her regular monthly "sickness," which in the Old Testament is spoken of as "the days of her separation," and the reason is not difficult to find. The primal purpose of coition is reproduction. During this period she repels the male, not only because of impulses of delicacy and cleanliness, but because her deeper nature is conscious of such changes as are necessary in order to fit her for the office of conception for which she is to be fully prepared in the course of a few days. Intuitively, without any consideration upon her part, she not only ceases to attract, but if approached, is likely to repel, even the husband whom she loves. In the fifteenth chapter of the book of Leviticus, beginning with the sixteenth verse, the law of cleanli-

ness at this time is very clearly laid down. This law is not only clearly written in the Mosaic code, but in the very nature of woman herself.

During the period of the monthly sickness most women are nervous and given to more or less irritability. This nervous condition is, probably, less due to the menstrual flow than it is to the ovulation. It is found in those instances in which women do not menstruate and ovulate at the same time, that the period of physical depression is attendant, not upon the period when they menstruate, but upon the period when they ovulate—at the period when the egg ripens and passes from the ovary and is transferred into the fallopian tube. No thoughtful or considerate husband can fail, even though his wife should be irritable at these periods, to afford her that sympathy and affectionate treatment which she so justly deserves.

Another period at which women cease to be attractive and become repellent, not only to sexual approaches,

but even to manifestations of affection, is during the period which intervenes between the time of conception and the full restoration of her physical nature after the birth of the child. When the great primal purpose for which coition was instituted has been accomplished, the inward longing turns from the desire for sexual embraces to the duty of giving a grateful reception to the life which has begun to be formed within, and the entire nature undergoes such physical changes as is suited to nourish and develop the body of the growing child, preparatory to its entrance into the outer world. The demands upon the physical resources of the mother are so great that the bloom and color are likely measurably to depart from her cheek, and not only is she likely to be devoid of any sexual desire for the approaches of her husband, but to lose even the attractiveness of her face during this period.

Where women properly regard the ordinance of marriage, and recognize

the wisdom of the divine purpose in the establishment of the home, their children are each in turn accorded not only a kindly, but even a hearty welcome as a member of the family circle. When such women lose something of their sexual attractiveness, they still are most interesting, and while in the execution of the high and holy function which God has assigned them, they are worthy of, and we believe generally receive the most profound homage of all pure minded and right thinking men. It is during these months that they deserve the most thoughtful and considerate treatment at the hands of their husbands, and at such time no husband can overstep his duty by bestowing upon his wife his most considerate attention, loving expressions of affection and acceptable gifts.

There are women, however, by whom maternity is regarded as a great affliction. They have entered marriage with a desire to ignore its primitive purpose, to escape its responsibilities,

and to pass through life without bearing children. When such women find themselves expectant mothers, they are oftentimes transformed into veritable tartars. They become not only sexually unattractive, but household terrors. We have known some homes to be converted into perfect pandemoniums, and the husband to spend a year or more in the greatest possible unhappiness. It is scarcely necessary to say that the woman who is capable of child bearing, but who enters into marriage and then refuses to become a mother, ought never to have married. The woman who prostitutes herself to different men for varying considerations, is not much worse than the woman who sells herself to one man with the distinct understanding that she is to be to him nothing but a personal or private prostitute so long as she lives, and all this in consideration of food, clothing, a home and the semblances of wifehood.

While there are women who receive the embraces of their husband during

the period of gestation without reluctance and even with more than usual willingness, this condition will be found to exist, not because they would naturally seek it at that time, but because the fear of conception is no longer present, and consequently they wantonly abandon themselves to the sexual relation with the thought, that "the worst has already taken place," and that therefore they have nothing further to fear.

With the most of women, however, nature demands an undisturbed maternity, and the conduct and bearing of the wife is in harmony with the best interests of the unfolding life and the growing body within her.

Keeping reproduction in mind as the great primal purpose of marriage, it will not be so difficult to understand the greatest of the three repellent periods in the life of women, namely, that which occurs when she attains, because of advancing years, to her exemption from further child bearing.

It is at this period of life that her reproductive nature passes into a period of quiescence and repose. In the accomplishment of the changes which attend upon and follow this transition period most women pass through a period of stress and trial, a time of nervous and mental disturbance, which render her somewhat of a burden to herself and unattractive and even uncompanionable to those by whom she is surrounded. During the years which have preceded, her sexual attractiveness was intended to contribute to the furthering of the great purpose of marriage. But now, that reproduction is no longer to take place, it is essential for her physical well-being that a period of sexual repose should be secured. To this end God now makes her less attractive, and her manner and bearing consequently become such as to render her repellent to the sexual approaches of her mate. This is done not only for her own good, but if her husband is of companionable age, it is intended to contribute to his

physical and intellectual benefit as well.

What the nature, extent and manifestations of these changes are will appear in the subsequent chapter.

CHAPTER XIV.

CHANGE OF LIFE IN WOMAN.

Two Great Changes in the Physical Life of Woman. —The Menopause or "Change of Life."—Regarded with Apprehension.—The Menopause Often Brings Blessings.—Conserves Physical Powers for Good of Individual.—Husband and Wife Complemental Part of Complete Reproductive Unit.—Both Parts Change at Corresponding Period.—Disappearance of Menstruation Only an Outward Manifestation.—Changes in Function of the Ovaries.—The Menstrual Phenomenon Explained and Illustrated.—The Reason for Its Cessation Made Plain.—The Age at which the "Change of Life," may be Expected.

THE two most important changes in the life of woman occur, the first, when her periodic menstrual flow begins, and the second, when she reaches the menopause, or the period when the menstrual manifestation ceases. This latter period is generally known among women as the period of "a change of

life." It is also called the menopause, which signifies the pausing or ceasing of the menstrual or monthly flow. It is also called the "climacteric" period, indicating that period of life when, like the traveller who has attained the summit of a mountain passes beyond the scenes upon which his eye and thought have rested in the ascent, and now looks out upon the scenes which stretch away in new valleys and plains which spread out before him as he begins to descend upon the opposite side. The word climacteric in its stricter use refers to any period of life when a climax or crisis has been reached, and generally refers to those periods of seven years into which human life seems to be naturally divided—infancy, childhood, manhood, maturity, and at forty-nine the climacteric period of man, and ten times seven, "the allotted period of human life." However, the word climacteric is generally understood to refer to that period in the lives of men and women, when they reach middle life, and when the power

of reproductive energy begins to diminish, and the begetting and bearing of children ceases.

Some women are wont to regard the period which follows the menopause with reluctance and regret. They look upon it not only as a time when blush, and bloom, and personal attraction have departed; they think of spectacles, and caps, and knitting; but if a woman has spent her earlier years judiciously and wisely, preserving her health and strength, acquiring knowledge and extending her influence, she may rightly expect a long period of unimpaired usefulness and of undiminished happiness. She has entered upon a period when love will glow with a purer and even brighter flame, when with unimpaired energies and high and holy purposes, when liberated from some of the duties and obligations which previously rested upon her, she may go forward in the enjoyment of happiness and in the attainment of larger usefulness and blessings.

But it is with reference to the period

of stress and weakness, and oftentimes of trial, which become the cause of anxious solicitude, that we now write.

The readjustment which takes place in the physical life of men and of women at this period is a conservative process of nature which is intended to conserve the physical and intellectual powers for the good of the individual. That these changes should take place at about a corresponding period in the life of the husband and wife, can be readily understood. Husband and wife together constitute as we have previously said, one complex but complete reproductive unit. They are like two parts of one and the same machine, either incomplete without the other. In some animals the father and the mother nature are united in the same body. It is easy to understand how, in such instances, both natures would not only respond and coöperate during the period of reproductive activity, but that both would modify and change at the same period when reproductive activity should cease.

The same is true where the father and the mother natures are separated, and exist, the one in the body of the father and the other in the body of the mother. While there is an apparent duality, there is yet a real unity, and that these changes may occur in the bodies of both at about the same time, it is regarded wise, when choosing a mate, that the husband, in most instances at least, should be some three to five years older than his wife.

In the minds of most women, the period of change of life is associated with the thought that it consists simply of a cessation of the monthly flow. This, however, is only its principal outward manifestation. Perhaps the greater change and that which results in greater physical discomfort, comes as the result of the changes which take place in the ovaries, preparatory to the cessation of ovulation, or the ripening of the egg or germ of human life. It is the period when the germ-making power terminates. The period of ovulation and of menstruation do not coin-

cide in all instances; as a rule women ovulate and menstruate at the same time, but there are many instances where the menstruation takes place at one period and the ovulation at another. Indeed, the nervous strain, and consequent irritability, in such instances is usually found to attend the period of ovulation, rather than that of menstruation. In such instances the period of menstruation is attended with no sense of physical depletion or depression, but rather the reverse. Ovulation may and oftentimes does take place without menstruation. Conception may and oftentimes does occur when menstruation has not regularly taken place. Such instances are frequent during the period of nursing; and young women have conceived and borne children before ever they have menstruated, and elderly women have been known to conceive and bear children after the period of menstruation has entirely ceased. And so, upon the other hand, menstruation may occur regularly with

women who have never conceived, and there are instances where women have continued to menstruate even after the ovaries have been removed. These instances, however, are exceptional, for as a rule, the periods of ovulation and menstruation coincide.

Why menstruation should cease at middle life, when ovulation terminates, will appear, when we understand what is now generally accepted by the leading physicians as the cause of the monthly flow in woman. At regular intervals throughout the child bearing period the lining of the uterus, or womb, undergoes such changes as are designed to prepare the womb for a favorable reception and congenial resting-place for the ovum after it has been fertilized. After fertilization the ovum is generally received into a fold or cavity of the mucous coating in the upper portion of the womb, which is designed to form its nest, or home, or cradle during its period of growth and development, prior to its entrance upon an independent life in the outer world.

This change and preparation of the mucous linings of the womb immediately follows the period of the menstrual flow. If conception does not take place during the couple of weeks which follow, nature then undertakes the preparation of the womb for the reception of the next ovum which is preparing to descend from the ovary, through the fallopian tube. In the accomplishment of this work there is a disintegration or change in the mucous membrane of the womb, and this is discharged with an attendant flow of blood which constituted the phenomenon of menstruation.

Dr. DeWitt G. Wilcox, in an article in the Philadelphia *Medical Journal*, describes this change in the following graphic language:

"It is a well-known physiological fact that the uterus undergoes a certain preparation each month for the reception of the ovum. A few days prior to the arrival of the expected guest that organ "cleans house," and adds new interior furnishings; old shreds of

membrane are cast off and a new heavy lining of a velvety character, richly supplied with blood-connections, is formed in the upper part of the uterine cavity; this is the decidua. If the ovum arrives as "guest-in-ordinary" (that is unimpregnated) then the new furnishings are torn down and cast off, and form part of the menstrual flow. If, however, the ovum comes as a royal guest (impregnated and developed up to six or eight days) then is the reception made befitting the guest. The doors and windows of the decidua are closed to prevent the untimely escape of the guest or intrusions from without. Richer blood-supply is added and the velvety hangings are materially increased in thickness. One corner of the reception hall is set aside for the guest, where it is permanently stationed and nourishment sumptuously provided. This guest, the ovum, sends out rootlets or villous growths, which ramify into the decidua, and the circulation between uterus and ovum is established."

From the above facts the reason for the cessation of the menstrual flow readily becomes manifest. The period of reproductive life has been completed, no more ova are to be received into the womb, and, consequently, no future preparations are to be made for their reception, retention and development, as nature designs in all cases where impregnation takes place. Great physical changes consequently take place in the body of the woman who is not henceforth to become a mother.

Because of the importance of the changes which attend this period, many are anxious to inquire definitely at what period they occur. The age at which women experience these changes differs materially in some instances; but as a general rule, it may be said to occur in this country at from forty-five to fifty years of age. Instances are not unusual where women pass the age of fifty before they notice the symptoms which attend this change. There are rare instances in which women

have attained the age of sixty, before the change has occurred.

Upon the other hand, there are instances, and they are not scarce, where the change has taken place as early as thirty-five years of age. Dr. T. J. Patchen narrates the incident of a girl who ceased to menstruate at twenty-two years of age. This would be as exceptional as the instance where a woman retains her reproductive power until she reaches the age of seventy. There are, however, somewhat frequent instances where women change as early as twenty-eight and thirty years of age.

Some physicians multiply by two the age of a woman at the time when she began to menstruate. This result indicates the length of the period of reproductive activity. The age at which menstruation began, and the years of reproductive activity, added together, gives the age at which the change of life is likely to occur. Or, in other words, the menstrual flow is likely to continue for a period twice as

long as the number of years which marked the age of the person at the time the flow began. These two added together—or three times the age of the person at the time the flow began—indicates the age at which the change of life is likely to appear.

This rule of course is not universally accurate, because much depends upon changed physical conditions, and even changes in material circumstances which may greatly affect the physical life of any person.

CHAPTER XV.

HOW TO MEET THE MENOPAUSE.

Importance of Preparing for the Menopause.—Not a Period of Suffering to All.—Effects Upon Different Temperaments.—Every Woman a Law unto Herself.—Importance of Occupation.—Freedom from Exacting Demands.—Surroundings.—Diet.—Effects of Stimulants.—Importance of Physical Culture.—Constipation.—Fresh Air.—Deep Breathing.—Relief Secured by Self-Control.—Importance of Sexual Repose.—Sexual Inclination Diminishes and Eventually Disappears.—Abnormal Cases.—Duration of Stress at Change of Life.

WHILE all women do not suffer severely at the climacteric period of life, yet it is important that all should look forward to it and make such preparation as is best calculated to enable them to pass this period with the greatest amount of comfort. Where local inflammations, ulcerations or weakness exist, as far as possible, the disorder should be carefully corrected, so that

it may not influence unfavorably the transitions and changes which attend the climacteric period. It is undoubtedly true that previous diseases of the womb, miscarriages, lacerations at childbirth, and various forms of female weakness may contribute to increased discomfort at this period—yet it is by no means correct to suppose that only those who have suffered in these ways will now experience the largest discomfort, or be the longest in crossing a troubled sea to a haven of physical quiet and mental rest. There are instances where women have never suffered from any of these causes, have always been regular in their physical manifestations, and yet find great inconvenience at the period of the change of life.

There are some who have felt justified in classifying temperaments and constitutions as indicating the liability of different persons to disease and suffering during the period of the climacteric. One good authority upon these subjects says: "Those of weak consti-

tutions sometimes fail of the necessary stamina to carry them easily through the trials of this transition period. It has been remarked that the *lymphatic* temperament is the most favorable to an easy change. Women with this temperament suffer less from nervous or physical disorders, and quickly show signs of having been benefited by what has occurred. Those of a *sanguine* temperament are more liable to floodings and to its symptoms; but such disorders with them usually readily yield to treatment. The *bilious* temperament predisposes to disorders of the stomach and liver at this epoch; while the union of the nervous with the bilious temperament seems to predispose to mental diseases. The most suffering at this time of life is experienced by women of a nervous temperament."

While the above statements are measurably true, too much reliance may be placed upon such classifications. It would be safer to say that "every woman is a law unto herself" at this

period of her life. The experience of one cannot be taken as a safe index to what the experience of another will be. It is probable that material conditions have quite as much to do with the experience of each person at this period as their own personal temperament. The poor who are exposed to want and undue anxiety, who are subjected to severe labor for prolonged periods, who are deprived of the necessary rest and diversion, or who are confined in close, damp and badly-ventilated rooms, are all unfavorably situated to meet the stress and the strain of this period of life. Those who are rich, with plenty of time and money at command, but who have sold themselves into bondage to exacting social obligations, to the demands of "society," to late hours and injurious feastings, are likely to suffer quite as much as those who have to endure poverty and want.

As far as possible, at this period of life, every woman should have some occupation in which she is sufficiently interested, so as to engage her mind

and call her attention from herself. Moderate home and other duties are not a disadvantage, but a very great blessing. Many a woman is saved at this period from disastrous mental results by duties which call her from herself that they may bestow upon her their largest blessings.

But while occupations of mind and of body are beneficial, women at this period should be relieved from undue burdens and cares, large exaction and all sources of worry and excitement. Her surroundings should be made as cheerful as possible, and all sources of annoyance and vexation should be carefully removed. Interesting books, congenial companionship, and occasional change of scene with suitable diversion should all be carefully sought, in order that nature may be placed, during this period of stress, amid the most helpful surroundings.

Special attention should also be given to the matter of diet. The food should be wholesome and nourishing, and while it should be adequate in quantity, the

stomach should at no time be overloaded. Stimulants should be carefully avoided, and where close attention is given to the subject, it will be found that tea and coffee only tend to increased nervousness and to interrupted sleep and rest. Bitters and stimulants should be wholly avoided.

Where the digestion is defective and the appetite capricious, and the feeling of weakness or languor induces the patient to desire a stimulant, or where the food is not relished at the regular meals, a cup of cocoa, a glass of milk with the white of an egg beaten in it, a cup of broth, or of beef tea may be taken with advantage between meals. "Bitters," "tonics" and the like so often taken at these times can only result in injury and should be carefully avoided.

This period of life should be approached with careful attention to physical culture. Ten or fifteen minutes daily devoted to light gymnastics, dumb bells, exercisers, or some means of physical culture, immediately after

rising in the morning, and continued through the years which lead up to the period of change of life will work wonders in securing relief from the weaknesses, ills and aches which so frequently attend women at this period. This form of physical culture should also be continued with moderation during the period of the climacteric change. Outdoor exercises of every kind, which are not excessive, a moderate amount of walking, carriage riding, etc., will be found beneficial, both as a preparation for the change, and as a means of overcoming the ills when they are confronted.

Women suffer infinitely more than men with a tendency to constipation throughout their entire lives; but at no period is it more prevalent or more injurious in its effects than during the period of change of life. This tendency can be largely corrected by drinking a glass of water each morning upon rising, or at least a half hour before sitting down to breakfast; and during the day a sufficient quantity of water

should be taken so as adequately to flush the sewage of the body, both through the bowels and through the kidneys. Where constipation is persistent, the flushing of the colon, as indicated in a previous chapter, will be found very beneficial. Care should be taken to have the water of the proper temperature, not exceeding one hundred and two degrees Fahrenheit, and it should be injected slowly, so as to occasion no pain at the time or subsequent griping. Where the patient does not sleep well, the rectional injection, suggested in a preceding chapter to men subject to enlarged prostates, will be found one of the very best means of emptying the lower portion of the large intestine, giving relief from local pressure, and inducing a sound and healthful rest and sleep.

The vaginal douche of hot water at a temperature of about one hundred and ten to fifteen, frequently recommended by physicians, is generally regarded as good treatment. In this matter, however, the patient should at

all times be guided by her family physician.

As far as possible the room should be bright and sunny, and well ventilated at all times, especially during the night. The air should not only be fresh, but it should be received into the lungs in abundance. In order to do this, it is important that the body should be unrestricted by the unnatural pressure so universally inflicted upon the lungs and the contents of the abdomen by the cruel and destructive corset. Nature is kind in all her intentions, and is anxious to heal all our maladies, if we will only give her a fair opportunity. If, on the earliest indications of the change of life, women would only pursue a course in harmony with nature's laws and demands, all who are in fair health at the time might hope to pass this period without disease, and largely without discomfort.

At no period in a woman's life can she use her power of self-control with better results to herself than while passing through this trying ordeal.

Then, if ever, she should plant her foot firmly and refuse to yield, by permitting herself to give way to dejection or despondency, or to permit the imagination to add to the real stresses of the climacteric change. Then, if ever, she should realize that the physical is largely subjective to the mental, and that her physical comfort must be secured and maintained by a healthy mind. Will power, properly exercised, at this time, will be more beneficial than all the medicines and diversions which could possibly be suggested.

The woman who approaches the period of a change of life while her husband is still under the strain of a strong sexual passion, is surely unfortunate, and, if he is unthoughtful and not given to a spirit of great self-denial, she is likely to be rendered truly miserable. Any sexual relation at this period is likely to result injuriously. If the husband is himself passing through a corresponding change in his own physical life, he will find ab-

solute continence not only desirable for his wife, but also for himself. Should their experiences however not coincide in this matter, duty demands that consideration for his wife should bind him to the most thoughtful and considerate course of conduct.

From the very commencement of the period of change of life, a steady diminution in the sexual passion of woman is generally observed, and in a few years at most after this period the sexual passion quite generally wholly disappears. There are, however, exceptional instances in which the reverse is true. In occasional instances, with the beginning of the menopause, the sexual inclination increases in intensity and sometimes even greatly exceeds that experienced in any earlier period of life. Such a condition should always be regarded with apprehension, as it is contrary to the law of nature, and may safely be regarded as indicating that there is something physically wrong. Such a condition usually indicates a disease which may

be looked for in the womb or ovaries, and the gratification of this abnormal desire would only tend to aggravate the cause of which this desire is simply a symptom. In all such instances early medical attention should be sought, and medical advice carefully followed. If medical advice is not sought, the probabilities are that counsel will be sought and help asked when it is too late.

It is only natural for an anxious husband to inquire how long the stresses of the climacteric period are likely to continue. No universal rule can be laid down. A general average of about two and a half, to three years, might be stated. Many women count upon giving up eight or ten years of the best portion of their life to the trying ordeal of this transition period. Six and eight years is not unusual, and in some rare instances it projects itself over a period of ten or twelve years. There are instances where the change is affected in the brief period of a few months or even weeks; and there are

some women who pass the climacteric period scarcely conscious of any change having taken place in their physical being. It is, however, regarded by physicians as not desirable that the change should be accomplished in too brief a period, as such change is more likely to be followed by permanent physical and mental conditions which are altogether undesirable.

CHAPTER XVI.

MANIFESTATIONS OF THE MENOPAUSE.

Menstrual Manifestations.—Other Manifestations Enumerated.—Mental Composure as a Means of Relief.—Other Means.—No Grounds for Serious Apprehensions.—Mortality of Men from Forty to Fifty Greater than that of Women.—The Discomforts not All Imaginary.—The Many Ills Which Women Suffer at the Climacteric.—"Queer Feeling in the Head."—Insomnia and Mental Depression.—Hysteria.—The Many Demands upon Husband for Patience and Sympathy.—Manifestations of Aversion to Husband.—Turning Against Her Children and Best Friends.—Charging Husband as Being the Author of All She Suffers.

It would be difficult to name the manifestations which might be relied upon as indicating the approach of the "change of life" in any given case. There are likely to be a variety of manifestations dependent upon the temperament and physical condition

of the patient; for the symptoms in different cases do not follow in the same order. The menstrual manifestations are not always the first to make their appearance, but changed conditions in this respect are generally indicative of some corresponding change in the physical condition. When the climacteric period of life is reached the menstrual flow may suddenly cease never to return; or it may gradually become irregular with varying intervals of greater or less length. In some instances the flow may be less abundant than usual, while at other times it may be attended with such profuseness as to amount almost to flooding. In other instances symptoms of pregnancy may seem to the woman herself to be so pronounced, that, for weeks or even months, she may regard herself as in an expectant condition.

There may be flushes of heat followed by chilliness, palpitation of the heart, pains in the back and loins, constipation or diarrhea, swelled limbs or enlargement about the joints, an un-

usual fullness of the breasts, headaches with severe heat, or burning in the top of the head, or pain as if there were a soreness at the base of the brain. In some instances there is dimness of vision, with specks floating before the eyes, dizziness, a sense of uncertainty in walking, loss of voice with or without aching at the base of the tongue, sleeplessness, strange cravings, a sense of oppressiveness in breathing, symptoms of neuralgia, and not infrequently of hysteria; sometimes instead of flooding there is a copious bleeding at the nose, and in some instances even spitting of blood.

These manifestations need not be the occasion of any undue alarm, but it is generally wise to place the woman under the care of a competent physician, as it will contribute largely to her mental composure, which is very important at this juncture of life. Many of these manifestations may be measurably modified by hygienic care, proper exercise and diversion, and most of all by an intelligent understanding

of her own condition, accompanied by a resolute will.

There is danger at this period that the woman will become unduly depressed and apprehensive, while the fact remains that there is seldom serious danger, the conditions calling simply for patient endurance while nature is accomplishing its transition work. There is no ground for the popular opinion that the period of the change of life is one of peculiar danger to woman. The mortality tables show that between the ages of forty and fifty there are more deaths among males than among females. A false conclusion, however, must not be drawn from this fact. Such figures would not warrant the inference that the period of change of life in woman merits little or no attention. The symptoms attendant upon this period are sometimes alarming, sometimes painful, and often entailing sad consequences, although rarely attended with any fatal results.

It is a great injustice and wrong for

either the husband or for the physician to aggravate the patient by ridiculing, or even underestimating the nature of her ills. The discomforts which a woman suffers at this time are not all imaginary, and the physician who underestimates or depreciates these discomforts and sufferings is only likely to aggravate a condition which he has been called to relieve.

Where the monthly manifestation suddenly disappears, there is oftentimes consequent alarm. Such fears, however, are groundless, if the other functions are normal and there are no serious indications of a deterioration of health. Should the flow be unusually profuse, amounting to flooding, and should it seem at all persistent, it will be wise to consult medical aid, as such a symptom may be indicative of unhealthy conditions in the interior of the womb or adjacent parts.

It is not unusual for women to speak of "a queer feeling in the head." This is sometimes attended with a sense of uncertainty, not only in walking, but

it sometimes induces women to express apprehension concerning their own mental condition. In connection with this symptom it is important to say that all this may be the result of a change in the eyes, which has so affected the vision, as to render the use of glasses necessary. Even with those who are accustomed to the use of glasses there is need of frequent changes and adjustment so as to avoid the peculiar "headaches" which defective vision causes above the eyes and just in front of the temples. Even where persons have worn glasses for years and have had frequent experiences with this peculiar sort of headache, it often takes a month or two for the person to determine that the "queer feeling in the head" is not occasioned by a mental, but by a physical condition, and that this physical condition is due entirely to the straining of the eyes and the consequent pain in the overstrained nerves, not within the brain, but without and just beneath the surface upon the forehead. In all cases

where this "queer feeling in the head" is experienced it is best, first of all, to consult the oculist. Should the feeling complained of in the head not disappear after the glasses have been adjusted to the needs of the eyes, it will then be time enough to seek relief from a condition which cannot be escaped so long as the eyes are strained and the nerves suffer as the direct result.

In the earlier period of these changes many women suffer with insomnia, and not a few with hysteria. Wakening at night the patient may be given to depressing meditations upon the loss of youth, the coming of gray hairs, the disappearance of sexual inclination and the dangers of the climacteric period. To most women such considerations are depressing, but they cannot be considered as altogether abnormal. In other instances there are clear manifestations of hysteria. The husband may awake to find his wife in a fit of utter despondency, and crying as if her heart would break.

His efforts to comfort or console are likely to be wholly fruitless, if not positively aggravating to her. At such times women frequently leave their beds and steal into some unoccupied room and cry by the hour. After the husband is once convinced that his presence or consolations can afford no relief, it is usually well for him to allow his wife a solitary half-hour or an hour, that she may pour out her deep feeling in unrestrained tears. Until this is done, generally nothing can afford relief, or put the patient in condition to sleep.

This period, during which the patient is liable to fits of depression, hysteria and tears may continue for months or even for years. While such conditions may be very trying to the husband, he should remember that it is still more trying to his wife. If he thinks the conditions are purely imaginary, he should remember, that to the woman herself they are nevertheless real. It is plainly his duty, under the direction of a wise and considerate physician, to

display the utmost patience and consideration at all times, which no affectionate husband can properly deny to her whom he loves. Although at times, or perhaps almost constantly during this period she may be unlovable and unreasonable, yet this does not relieve him from his plain and manifest duty.

While the aches and ills, real and imaginary, which the wife suffers, render her deserving of the utmost consideration, yet we are free to admit that the continuous and prolonged demands which are made upon the patience and the physical endurance of the husband also render him a subject for commiseration and sympathy. If he could reason with his wife, or alleviate her condition by expressions of sympathy and affection, his efforts would have their due recognition and reward; but instead of this, all his efforts are likely to be not only ineffectual and unappreciated, but even unacceptable. The wife who formerly was affectionate and considerate, is likely now to manifest an aversion for him

which is in strong contrast with her previous life and character. These are manifestations which grow out of physical conditions which the husband should bear patiently until the conditions have changed.

Where there are serious nervous or mental complications, the wife may not only manifest aversion for her husband, but may even treat him as though he were her greatest earthly enemy. At times she may also turn against her children, and if she should manifest a desire to be relieved of family cares and the presence of her husband and children for a period, compliance with her desire will contribute to her more speedy return to a normal condition. A few days of absence from home will arouse the mother-heart, quicken a desire to see her children and to be at home again with her husband and family.

One of the symptoms which so generally accompanies this period of change of life in woman is her tendency to regard her condition as serious, and to blame her husband as the author of all

the ills which she now suffers. One characteristic of the complaint which she now makes, is, not that her present condition is due to present exactions, neglect or wrong, but she will place the blame in the years which have preceded. She may accuse him of exacting sexual demands, charge him with having neglected her and her children to give attention to business, religious duties or social exactions; she may claim that her present state is the result of conditions attendant upon poverty, because in past years she had an undue amount of household care and worry, or any one of a great variety of complaints which she may now enter against the husband. If, however, he is at the present time kind and considerate, and she can charge him with no present wrong, her persistent repetition of injustice, inconsiderateness and exactions in the past, will, with the other attendant symptoms, be an almost infallible evidence that the woman has entered upon the period of a change of life.

There are other important questions which relate to the well-being of the wife which only a woman can fully consider and present, and this Mrs. Emma F. A. Drake, M. D., has done with eminent adaptation and success in her book, entitled, "What a Woman of Forty-five Ought to Know." We most earnestly urge every husband of forty-five to purchase a copy of Dr. Drake's book, and place it in the hands of his wife. He would also do well to read the entire book himself, and it will assist to harmonize the household at that period when every efficient help is of great value.

CHAPTER XVII.

ATTENDANT PHYSICAL CHANGES.

Change in Physical Form of Woman at Menopause.—Tending to Masculine Characteristics.—Cause of Increase in Size and Weight.—Growth of Hair Upon the Face.—Modification in the Voice.—Hot Flushes.—Hemorrhage.—Tumors of the Womb.—Cancers and Abnormal Growths.—Their Cause.—Diseases of the Kidneys.—Symptoms in Fifty-two Climacteric Cases Classified.—Changed Condition of Womb and Vagina.—Consequent Changes in Nervous System.—Disappearance of Sexual Sensation and Desire.—Similar Changes in Men.—Desires of Husband and Wife Harmonized.—The Period of Physical Change the Doorway to a Larger Manhood and Womanhood.

DURING the years of childhood the physical forms of boys and girls are not differentiated to that degree which is observed after boys have passed the years of puberty and girls have begun to menstruate and have entered upon the life of womanhood. When the girl changes to a woman the body usually takes on an increased amount of fat

which is deposited about the loins and hips. The shoulders of the boy become broader, his chest deeper, his voice stronger, and the beard begins to start upon his face.

During the years of reproduction each of the sexes is marked by its own distinctive characteristics. When the period of reproduction is passed and the climacteric period of life has been attained, there are again numerous physical changes. Instead of assuming more marked sexual characteristics, each of the sexes then seems to tend measurably to assume the characteristics of the opposite sex. At the time of the change of life in women there is usually a visible deposit of fatty tissue on the lower part of the back of the neck. These accumulations oftentimes become distinct prominences, and afford a safe index to the period of the woman's life. The legs and arms lose their roundness of outlines, and even where they do not grow more fatty, they yet increasingly resemble those of the opposite sex. The breasts, how-

ever, do not partake of a corresponding increase in size, but tend to become flat and hard. This is occasioned by the change in the substance of the glands, which loses its spongy nature. The abdomen enlarges, in some instances to such an extent as to lead the wife, in the absence of her periodic sickness, to believe that she is again to become a mother.

The cause of this added flesh is not difficult to understand and explain. From fourteen to forty-five years of age, or generally for a period of about thirty years, each twenty-eighth day the normal woman usually loses from six to eight ounces of blood. When this ceases, at middle life, the blood which was previously discharged from the body contributes its share to the building up of the physical tissue. The same tendency is seen in birds, in poultry yards and elsewhere; with the diminished egg production there comes an increased growth and weight of the body of the bird. Taking six ounces as the average periodic loss of women,

the amount of blood discharged in thirty years would amount to two thousand three hundred and forty ounces, over eighteen gallons or nearly half a barrel.

With these physical changes there oftentimes comes a manifest tendency for the hair upon a woman's face to increase and strengthen, until it somewhat resembles the beard of a man. This, however, is not the case, except in instances where there has been a tendency to a large growth of hair during the earlier years. The voice also grows less musical and more harsh, and the changes both in men and women result in such a diminished sweetness of tone as eventually leads to pronouncing the voice "cracked." Women are also characterized after this period with a stronger mentality, and men with less zeal and fire, accompanied by more tender thoughtfulness. While increasing years may fit them for council, because of their increased caution, yet their diminished courage unfits them for war.

There are also numerous changes which take place in the vital organs throughout the entire body; but these should not be regarded as the degenerations of age, but the growth of the organism has been completed and nature is striking a balance with wise reference to the needs of future economy.

Among the distressing symptoms which may appear, and from which some medical authorities state that about eight per cent. of women suffer at this period of their life are "hot flushes." The blood vessels about the head and neck seem most affected, yet the surface of the entire body may share the temporary disturbance. The patient may complain of an unusual heat in the back of the head and neck, and this may continue at intervals of hours or longer for a considerable period.

The flushings, or flashes of heat, come rather suddenly, as of a rush of blood to the head, which may extend also to the arms and legs and entire

trunk of the body. The woman feels a decided glow of heat as if transported into a very hot room. Perspiration, more or less profuse, may follow, and even terminate in a chill; or the chill may come first and be followed by the hot flush.

These sudden flushings may occur during the day or night, and may even precede each other at short intervals. They are frequently attended with very profuse perspiration, and sometimes with a sense of suffocation or violent throbbing. They may also sometimes be accompanied by nausea and vomiting. They are often produced by the drinking of liquors, tea and coffee, or even by eating stimulating food. They are also the result of sudden emotion, such as fright, anger, grief, or unusual anxiety.

One of the symptoms which usually causes the greatest alarm among women at the menopause is hemorrhage. This may be due to general or local causes, but unless it is excessive, it need not be the occasion

for any serious anxiety. If, however, the amount seems excessive, medical attention should be secured, so that its cause may be determined and the best remedies applied. As there are various causes which might lead to such a condition, medical experience and skill will be best qualified to determine both the cause and the treatment.

At the time of middle life, more than at any other period, various tumors of the womb, such as fibroids and cancers are liable to appear. Cancers, however, are not so likely to occur, except in instances where the womb has been lacerated at childbirth, and the injury has not been properly repaired.

The fibroid tumor may be one among many causes of excessive hæmorrhage. As we have already said, such cases should receive careful medical attention; but they need not always be the occasion of any serious alarm. They usually yield to proper treatment, and sometimes even disappear of themselves. Where they have

previously existed, they sometimes choose the period of menopause as the time for their departure, but in some instances, however, this period of life affords them an opportunity for more rapid growth and the occasion for more serious consideration.

Among the other forms of morbid growths may be mentioned the polypus and various small growths known as "vegetation." In the hands of an intelligent physician none of these need be the occasion of serious anxiety to the patient.

Perhaps the malady most generally feared among women of middle life, and not without just cause, is cancer. This is more prevalent among those who are married and have become mothers, than among the unmarried. The difficulty is likely to localize itself either in the womb or in the breast. Medical authorities assert that the provoking cause of this malady in many instances is premature labor, unnatural abortion, or lacerations of the womb at childbirth. Where this

growth is located in the breast, its beginning is likely to be determined by previous injuries received during the period of nursing or a bruise subsequently inflicted.

By some it has been thought that these growths have their origin in physical pain, mental suffering, anguish or grief. For this reason a few physicians have thought that cancer should be classed among nervous diseases. When a tumor or ulcer appears, a competent physician will be best qualified to determine whether it is cancerous or not. Where such a condition exists it is best that no time should be lost in such treatment as will preserve the surrounding tissue from the infection and the spread of the disease.

Diseases of the kidneys are more likely to occur after the period of middle life, than before; and due attention should be given to this subject, both by men and women by means of a periodic examination of the urine, so that where such disorder exists, its

early discovery may afford a more certain correction.

In the current number of the *American Gynæcological and Obstetrical Journal*, Anna M. Galbraith, M. D., of New York, in a list of fifty-two cases of women who had passed the menopause states that five had never suffered the slightest inconvenience. "Of these, one was single and only one had had one miscarriage, ten had suffered at the time of the menopause from malaise, but not sufficiently to call in a medical attendant, thirty-seven were more or less seriously ill, thirty of these needed local as well as constitutional treatment, and seven constitutional treatment only."

The prominent symptoms of the climacteric in this list of fifty-two cases were as follows:

Marked debility, 24; intense nervousness, 31; neurasthenia, 9; melancholia, 10; headache, 14; neuralgia, 6; hysteria, 7; irritable heart, 11; tachycardia, 8; insomnia, 19; indigestion, 32; constipation, 28; diarrhea, 3; leu-

corrhœa, 38; rheumatism, 21; gout, 1; Bright's disease, 12; hemorrhage, 6; alcoholism, 2; corpulency, 2.

But there are natural physical changes which are common to all women at this period and which are of special interest and important to thoughtful and considerate husbands. At the beginning of the menopause period, because of the increased flow of blood, due to local and temporary causes, the size of the uterus or womb frequently enlarges, but later it gradually diminishes in size, the walls become thinner; and the vagina also undergoes similar changes. The cervix, or neck of the womb, becomes shorter and thinner, sometimes harder, and in other instances flabby as a membrane. In some instances the upper part of the vagina is so much contracted as to produce folds closely resembling those which under other conditions attend inflammation about the neck of the womb.

The entire reproductive system undergoes corresponding changes in

which the nerve centres sympathize, and after a given period of longer or shorter duration the nerves fail to respond to sexual sensations and the desire for the sexual relation entirely disappears. Generally from the beginning of the period of change of life, there is a gradual diminution of the sexual passion which eventually entirely disappears.

This atrophy, or diminution in the size of the reproductive organs of women finds a somewhat similar change in the reproductive organs of men at the corresponding period of their physical change; and where the husband is intelligent, and judicious in the preservation of his own strength and is desirous of preserving his physical and mental vigor to advanced years, his sexual inclinations are likely to be sympathetic with the new conditions upon which the wife has entered.

Where husband and wife are equally mated, God has beneficently harmonized all the desires, aspirations and inclinations, and no apprehension or fear need

be entertained concerning difference of desire or inclination during the years after the period of the menopause. Where both are actuated by thoughtful consideration, the happiness and the comfort of each will be the sole purpose and desire of the other.

According to the intention of nature, the period of physical change, both in men and women, is but the opening of the doorway into a larger manhood and womanhood, with enlarged opportunities and possibilities of usefulness and blessing. That same infinite wisdom and tender love which have characterized the life and experience of the earlier years will continue to be unfolded and discovered in larger measure as each succeeding year brings its quota of experience and preparation for that larger life which is beyond. When the traveller with his face towards the crimson glories of the declining day recognizes the fact that the hours of his toil and pilgrimage are only closing upon the earth so that they may open in heaven in the

morning of eternal joy and splendor and blessings, he can go cheerfully forward being filled with faith and confidence.

CHAPTER XVIII.

MENTAL MANIFESTATIONS DURING THE MENOPAUSE PERIOD.

Effect of the Menopause Upon the Mind.—Loss of Interest, Increased Irritability.—The Woman Becomes Suspicious of Herself and Others.—Effect Upon the Imagination and the Moral Nature.—A Case Before a Class of Medical Students.—How They Perplex Their Pastors.—Symptoms of Moral Depravity.—Need of Intelligence Upon Part of Husband and Others.—The Gentle Woman Transformed Into a Terror.—Arrays Herself Against Husband and Best Friends.—Dissatisfied with Everything.—The Period When Families go to Pieces.—Insanity Among Men and Women at Climacteric.—Views of Medical Authority.—Character of Hospitals for Mental Sickness.

THE physical changes which take place during the period of the menopause oftentimes have their serious effects, not only upon the nerves, but upon the mental condition also. In order that a man at middle life may

the better understand his wife and consequently be the better situated to sympathize with her, and also foreknow some of the perplexities into which her condition may plunge him, it is important that he should know how women are liable to be affected mentally at this period of their life.

While, as we have already said, there are some women who pass the period of menopause scarcely being conscious that any physical changes have taken place, and never having suffered any serious nervous or mental trouble, the great majority of them do not enjoy the exemption which comes with this more favored condition. There are very few women who do not measurably lose their interest in the affairs of daily life, become irritable, cross, unreasonable, and even uncompanionable. Many who would not be suspected, by those who meet them only socially or casually, as being at all affected by the changes through which they are passing, may nevertheless exhibit to the members of their

own family evidences of melancholia and insanity which awaken grave apprehension.

It is not unusual for the physical changes which take place to react and cause a nervousness which renders the patient intensely uncomfortable, and which she finds it hard to bear. When alone, or even in the presence of others, she may clasp her hands and cry out in despair that she is "unable to bear this condition, and that if it continues long she is sure she will lose her mind." She indulges in mental vagaries, loses certainty in her mental methods, becomes confused, imagines that she is suspicioned and watched. Society is apt to lose its attractiveness to her, but solitude is even more undesirable, as it allows her an opportunity for dwelling unduly upon real or imaginary ills.

If her nervous system seems disturbed, she fancies that she is not able to control her muscular movements, or to walk with firmness, and that she will be suspected of being affected by

wine. If her breasts enlarge, as is often the case at this period, she is likely to fancy that she is affected with cancer, and she pictures herself the prospective heir of all of the terrors of this dreadful disease. If she has an attack of indigestion and the heart palpitates from sympathy, she will be sure that she is destined to drop dead in the street.

Her moral nature is likely to be sympathetic and to be affected by her nervous and mental condition. She may be seized with gloomy depressions and give expression to doubts concerning spiritual things, which she would never before have entertained, much less have expressed. She may temporarily lose her interest in the Church, in her Bible and even in her private devotions. She becomes fretful and peevish, and annoys those around her by a continued repetition of her groundless fears, and becomes angry at them, when they show any annoyance at her repetitions of what they have already heard a hundred times or

more—and all that possibly during the same day. In short she becomes gloomy, despondent and wretched; and not a few possess the power to bring the entire household into the same wretched condition.

If this picture seems dark, it will nevertheless be recognized by many as being thoroughly accurate. Not a few husbands have been amazed to find that a patient, confiding and devoted wife has disappeared and that her place is now occupied by an irritable, unreasonable, suspecting and threatening woman. Many a child has been hopelessly perplexed to understand how the loving, self-denying and devoted mother of a few years ago, could be transformed into the creature of so much petulance, impatience and unreasonableness.

It is that the wife may understand herself, and that the husband and children may comprehend something of the nature of the physical changes and the attendant nervous and mental disturbance which the wife and mother

now endures, and that their intelligence may make them considerate, patient and sympathetic, that we have undertaken in these chapters to set forth her real condition.

The first intimation the writer ever had of the conditions which manifest themselves at the period of the menopause—or indeed the first he ever knew that women experience that modification in their physical nature which is known as a change of life—was when he was about twenty-five years old. He was at that time a student of theology in the city of New York and was attending occasional lectures and clinics at the medical colleges. At these clinics the patient is treated by the lecturing physician before the entire body of students. Some two or three hundred students were present. A woman having some aches and ills presented herself, and after the doctor had received what he regarded as satisfactory answers to several of his questions, and had already given the students his mistaken opinion with regard to the

case, he concluded that before dismissing the patient he would make a local examination. When the speculum was withdrawn and the sheet which covered the patient during the examination was removed and the woman sat up again, she turned to the doctor and inquired whether he found anything in her womb. Upon being assured that he did not, the woman said that her neighbors had been reporting that she had a worm in her, and that on that account she had decided to come for examination in order that she might convince them that their scandalous statements were not true. The examining physician immediately discovered that he had a case of mental disturbance, occasioned by the menopause. He was chagrined because of his mistaken diagnosis, and told his students that they should never do as he had just done, give an opinion before they had made a thorough examination. He then described some of the mental disturbances which attend the menopause and said that women during this

period oftentimes become a perplexity, not only to their families and their physicians, but even to their pastors. He said that sometimes a woman whose previous life has been devout and godly, at this period of her life may become disturbed concerning her spiritual condition and may fancy that she has committed the unpardonable sin, or that she is to be eternally damned. In this state of mental anxiety she may go to her pastor for counsel and comfort. All of his talking, reasoning, sympathizing and praying will be unavailing, and if ignorant of the real cause of the woman's mental condition he will be left in great perplexity. He said that what the woman wanted at that period, for her comfort and well-being, was that there should be intelligence upon the part of every person with whom she came in contact.

It might not be out of place in this connection also to say, that not only do the mental and moral natures manifest great disturbance and even deteri-

oration, but where there are diseased local conditions, or instances of acute local irritation, women whose lives and speech have hitherto been without reproach, may give way to vulgar speech and startlingly wanton ways. Such instances call for prompt medical attention, and the most charitable consideration upon the part of all.

It is a matter of the utmost regret that women at this period, when they are so much a mystery to themselves, should be so little understood by those by whom they are surrounded. Many a poor woman who has struggled against great odds all her life, when she comes to this period of menopause, with its mysteries, its physical aches and ills, with its nervousness and its disturbed mental condition, has also to confront the ignorance of her husband, and receive at his hands not only a lack of thoughtfulness and consideration, but oftentimes, even brutality and cruelty. She may be provoking and even exasperating, but that is no reason why the husband should not

bring to the situation and the condition that intelligence which will not only enable him to be considerate and thoughtful, but enable his wife to understand herself and measurably to modulate her speech and her conduct by an intelligent understanding of her own real condition.

If a woman who has been the embodiment of thoughtfulness and affection is temporarily transmuted during the period of this change and becomes unreasonable and uncompanionable, even to those whose affections she has won by years of devotion, what should be expected at such a time of stress from a woman who is naturally unreasonable and contrary? If the husband of the former needs patience at this period, what shall be said of the husband of the latter? If he is a farmer and in the winter stops for a few moments at the stove, his wife will say, "What are you sitting around the stove for? Get up and stir your stumps. Go out and go to work, get your blood in circulation and you will

not be cold." If he is at work out of doors she screams at him and asks whether he wants to freeze himself to death—indoors or out of doors, standing or sitting, walking or riding, working or resting, night or day and all the while, he is the target for reproof and reproach.

We have known men to endure such intolerable conditions for years. We have known them to suffer with seeming patience, and all the while remained ignorant of the causes which have rendered life intolerable, just at that period, when their own mental and physical condition seemed to demand, even for themselves, a larger measure. of consideration and sympathy than ever before.

I was one day passing through the railway station when I met a brother minister. I had incidentally learned of the stress through which his wife was passing. I inquired after the health of his wife, expressed my sympathy for him, and then enlarged somewhat upon the conditions which

attend so many women at this period, and what their husbands are called upon to suffer because of conditions from which they cannot possibly escape. I saw at once how much my friend was interested. As I described what I knew he was enduring in his own home, tears started in his eyes, he took my hand in both of his, and looking me in the face he said, "Why, brother Stall, you are the first man who ever spoke to me upon this subject. I did not know that any one else on earth was called upon to endure what I am suffering. I have never told anybody, and I have never before talked with anybody upon this subject. I have borne this unbearable burden for several years, and I cannot tell you how much you have comforted me by what you have said. I now understand the situation, and I can look forward with hope, expecting possible deliverance at some time in the future."

This good brother, who was more grateful than he seemed capable of

expressing, was only one of thousands of men, intelligent upon other subjects, but who are wholly uninformed upon this.

It is important for the husband, at this period in the life of his wife, to understand that should there be any pronounced mental disturbance, it may manifest itself in any one of many directions. We have known the wives of some of the most devout and godly ministers to charge them with being worldly and devoid of that deep spirituality which has always characterized them in the eyes of others. We have known other ministers to be annoyed by charges of just the opposite kind. Their wives accused them of "walking on earth but living in heaven," "of being too spiritually minded for this world." While neither of these classes of wives may do more than *threaten* to express their *opinion* publicly, yet the repetition of their irritating charges, over and over again, day after day, does not tend to soothe the mind and bearing of even the most devoted husband.

The wretched and unhappy condition of some women during this period, renders them dissatisfied with everything upon earth. They are much under a spell of mental depression and bodily unrest. They seek for themselves those conditions which they fancy would come with a change of residence or a change of the occupation of their husbands. But they may change their residences again and again, only to have their wives immediately discover some new sources of annoyance, and name some new reasons to justify further changes.

At this period in a woman's life her husband should do everything in his power to adjust himself to her physical and intellectual needs; but there are many instances where he can continue through an indefinite series of readjustments without securing the end sought, namely, the satisfaction of his wife. If the cause is subjective and mental, instead of objective and real, perfect adjustment cannot possibly be expected. After the considerate hus-

band has done all he can, his wife will still continue to be dissatisfied. In such instances the husband must use his own best judgment when deciding what course to be pursued, and then, after deciding what to do, abide in his decision.

Where there is a tendency to a pronounced disturbed mental condition, the wife may for a period, or at brief intervals, turn most ungraciously and even fiercely against, not only her own husband and her own children, but even against her own parents, and her very dearest friends. She may cut herself off from companionship and correspondence with those who have been her bosom companions all her life. She may give expression to unkind and cruel speech and manifest an unkind and vindictive spirit such as she would not at any other period of her life for one moment have entertained. She may even threaten to ruin her husband; or the mother instincts may temporarily be obliterated, and she may manifest an uncontrol-

lable desire to take the lives of her children.

As we have already said, these are not pleasing pictures, but they are, in many instances, true to life.

It is during this period that many families which have been held together only by physical considerations go to pieces. If ever in the history of the family there needs to be harmony of purpose and intellectual, social and moral attractions to hold it together in a time of storm and stress, it is at just such a period as this. Where the preceding years have been marked by true affection and personal consideration, the husband will find great satisfaction in knowing that in all probability the coming months, or at least a few years, will relieve him from his present trials, and bring to his wife that composure and peace which are even greater than anything his earlier years have known.

At no other period in a woman's life is she so liable to develop indications of insanity as during the period of climacteric change. Too much

importance, however, can be attached to such a statement, for statistics show that between the ages of forty-five to fifty-five, more men become insane than women. It is the theory of physicians that as a rule, the climacteric period simply affords the occasion, rather than the cause of insanity; that it is the period when conditions which have previously existed, for the first time become clearly disclosed. The stress and trial, it is believed by many, simply make manifest weaknesses which have previously existed, but may not have attracted particular notice.

The forms of climacteric insanity are: "Delirium, mania, hypochondriasis, melancholia, irresponsible impulses, and the perversion of moral instincts."

At this period, women frequently speak of "a strange feeling" in the head which they experience; but this cannot be taken as any indication of serious mental trouble. This is only the temporary result of physical changes which are taking place. Gen-

uine symptoms of insanity are quite another matter.

Dr. John B. Chapin, a man of large experience in connection with his professional duties at the Pennsylvania Hospital for the Insane at Philadelphia, in an article in one of the current medical journals says: "Clinical experience shows that the risk of insanity at the menopause, while it is largely exaggerated, is limited mainly to those who have a neurotic or mental heredity, and who, at the period of adolescence or during the menstrual life, have had attacks of insanity."

He further says that "both sexes have the faculty of intelligence, sensory endowments, emotions, will-power, and memory. It is the change from the ordinary and normal exercise of these faculties which may arise from all of the experiences of life that constitute the condition, commonly called insanity. Aside from some peculiarities that are characteristic and distinguish sex, insanity in man is similar to insanity in woman, because it is the dis-

orderly action of mental faculties that are common to both sexes."

He also states that insanity is generally induced by some lowered condition of the general bodily health, the quantity and quality of the blood sent to the brain, and the degeneration proceeding from trophic changes.

It is easy to understand how the bodily health may be affected by the physical changes which are likely to attend the climacteric period. The transition from the menstrual life, which has been established for a long period, to the new condition of the menopause is likely to be attended by changes in weight, sympathetic disturbances, groundless fears, and even manifestations of an unusual character, but these need not of necessity arouse serious apprehensions. A depleted physical condition at any other period of life, caused by anxiety, work, worry or disease, would be likely to produce the same results. If, under these conditions, at other periods of life, there are no reasons to fear insanity, then

there would be no reason under similar conditions to fear it at the period of the menopause. The period of the menopause is not an abnormal, or an unnatural period, but is just as normal and natural as the climacteric period at the beginning of the menstrual life of woman. Indeed, the statistics of the Pennsylvania Hospital for the Insane show that between the ages of fifteen and twenty, embracing the period of the beginning of menstrual life in women and the age of puberty in men, the number of men admitted to the hospital is slightly in excess of the number of women admitted. Between the ages of forty-five and fifty-five, covering the usual period of the menopause, and the changes which take place in the physical life of man, the number of men and women admitted to the hospital is as nine to eight. This shows that during these physical changes in the lives of men and women, men are more likely to become insane than women. This is possibly due to the financial stress, busi-

ness anxieties, and various conditions of special strain and perplexity which are often experienced by men during their period of physical change.

We have been thus careful in presenting this matter so as to remove groundless apprehensions of impending calamity at the period of the menopause in woman. The stress and strain which accompany this period in the lives of most women are attended with sufficient real and imaginary ills; it is therefore important that to these should not be added any unnecessary anxieties concerning disturbed mental results. Dr. Chapin claims that "there is no sufficient clinical experience to warrant the recognition of a distinct class of insanities as due to the normal ending of an animal function that is universal." It is therefore wise that there should be such a dissemination of these facts as will tend to remove the unfounded anxieties and worries which attend so many women as they look forward to and as they approach this period of their lives.

Where there are hereditary tendencies, or where there are marked indications of insanity like deceit, cunning, lying, violence and a tendency to commit suicide or murder, or where other decidedly disturbed mental conditions manifest themselves, the case will require the utmost consideration and patience. No family would desire to remove one of its members to an institution for the insane, so long as they were tractable, were willing to take their medicine, and submitted to treatment designed to restore them to mental health.

The ideas, however, which many people entertain with regard to the character of hospitals for the treatment of the insane are altogether incorrect, and their apprehensions in almost all cases groundless. Mental sickness or insanity, like physical sickness or infirmity, can oftentimes only be successfully treated in a hospital devoted to the special care and cure of such diseases. After some familiarity with institutions for the treatment of the

insane, I am thoroughly convinced that if I had mental sickness, I should prefer, by all means, to place myself under the care of those who have the largest experience and best equipment for my relief and cure.

When thinking of an insane asylum, some persons only have in mind the wards where the violent and incurable are confined. They do not think of the wards with large and well-furnished parlors, of the cultured and congenial companionship, of the many means for diversion, the ample grounds, pleasant walks and favorable surroundings which are so much better fitted to aid in the recovery of those under treatment than any conditions to be found in the ordinary home.

Where the stress and strain attending the menopause have been pronounced in their character, for some months or even years there may be a tendency to mental depression at the return of the period corresponding with the previous menstrual life, but this tendency will gradually wear

away, until it has entirely disappeared.

After this period of stress and strain, both physical and mental, is past, the mind emerges from the mists into a clear and sunny sky. The woman no longer tortures herself with imaginary woes; self-poise and self-confidence return, and relieved from the periodic infirmities which have attended her earlier years, the woman enters upon a period of serenity and repose, and even of health and blessing such as, perchance, she has never before known. With the full consciousness of her maternal duties completed and well performed, she is now prepared to bring to others that intelligence, counsel, encouragement and help which will crown her declining years with a saintly halo, more to be desired than any of the pleasures which passion affords.

[SBE]

THE END.

OFFICES OF PUBLICATION

IN THE UNITED STATES

THE VIR PUBLISHING COMPANY

200-214 N. FIFTEENTH STREET

PHILADELPHIA, PA.

IN ENGLAND

THE VIR PUBLISHING COMPANY

7 IMPERIAL ARCADE, LUDGATE CIRCUS

LONDON, E. C.

IN CANADA

WILLIAM BRIGGS

29-33 RICHMOND STREET WEST

TORONTO, ONTARIO

"What a Young Boy Ought to Know."

BY SYLVANUS STALL, D. D.

Condensed Table of Contents

PART I.

God's purpose in endowing plants, animals and man with reproductive power—The question of the origin of life a natural and proper one—Difference between creating and making—How God now creates or reproduces the flowers, insects, fishes and animals—The mamma and papa plants and the baby plants—The mamma and papa nature in the stalk of corn—The two natures united in the same flower—Separated in other plants—The office of the wind and insects in fertilizing the flowers—The mamma and papa natures united in the same oyster—The life of the baby oyster—The two natures separated in the fishes—The eggs and the baby fishes—How seeds are made to grow and how eggs are hatched—The beautiful lives of parent birds—The bird's nest, the eggs and the baby birds—Why the eggs of animals may not be exposed in a nest—The nest which God has prepared for them—The hatching of the egg or the birth of the animal—The creation of Adam and Eve—God created man with power similar to his creative power—The purity of parentage.

PART II

The manner in which the reproductive organs are injured in boys by abuse—Comparative anatomy, or points of resemblance between bodies of birds, animals and man—Man the only animal with a perfect hand—With the hand he constructs, builds and blesses—With the hand he smites, slays and injures others, and degrades himself.

PART III

The consequences in boys of the abuse of the reproductive organs—Need of proper information—The moral effects first to manifest themselves—How secret sin affects the character of boys—Effects upon the body and the nerves—Effects upon the brain and mind—The physical effects that follow.

PARTS IV and V

How boys may preserve their bodies in purity and strength—Our duty to aid others to avoid pernicious habits, and to retain or regain their purity and strength.

PARTS VI and VII

How purity and strength may be measurably regained—The age of adolescence or puberty and its attendant changes—Its significance and its dangers.

Price, { $1.00 / 4 s. } net, post free

"What a Young Boy Ought to Know"

For Boys under Sixteen Years of Age

WHAT EMINENT PEOPLE SAY

Theodore L. Cuyler, D.D.

"'What a Young Boy Ought to Know' ought to be in every home where there is a boy."

Lady Henry Somerset

"Calculated to do an immense amount of good. I sincerely hope it may find its way to many homes."

Joseph Cook, D.D., LL.D.

"It is everywhere suggestive, inspiring and strategic in a degree, as I think, not hitherto matched in literature of its class."

Charles L. Thompson, D.D.

"Why was not this book written centuries ago?"

Anthony Comstock

"It lifts the mind and thoughts upon a high and lofty plane upon delicate subjects."

Edward W. Bok

"It has appealed to me in a way which no other book of its kind has."

Bishop John H. Vincent, D.D., LL.D.

"You have handled with great delicacy and wisdom an exceedingly difficult subject."

John Willis Baer

"I feel confident that it can do great good, and I mean that my boys shall have the contents placed before them."

Mrs. Mary A. Livermore, LL.D.

"Full of physiological truths, which all children ought to know, at a proper age; will be read by boys without awakening a prurient thought."

Josiah Strong, D.D.

"A foolish and culpable silence on the part of most parents leaves their children to learn, too often from vicious companions, sacred truth in an unhallowed way."

"What a Young Man Ought to Know"

WHAT EMINENT PEOPLE SAY

Francis E. Clark, D. D.

"It is written reverently but very plainly, and I believe will save a multitude of young men from evils unspeakable."

John Clifford, D. D.

"One of the best books for dawning manhood that has fallen into my hands. It goes to the roots of human living. It is thoroughly manly."

J. Wilbur Chapman, D. D.

"I bear willing testimony that I believe this book ought to be in the hands of every young man in this country."

Paul F. Munde, M. D., LL. D.

Professor of Gynæcology in the New York Polyclinic and at Dartmouth College.

"I most heartily commend not only the principle but the execution of what it aims to teach."

The Right Rev. William N. McVickar, D. D.

"I heartily endorse and recommend 'What a Young Man Ought to Know.' I believe that it strikes at the very root of matters."

Ethelbert D. Warfield, LL. D.

"The subject is one of the utmost personal and social importance, and hitherto has not been treated, so far as I am aware, in such a way as to merit the commendation of the Christian public.

Frank W. Ober

"It will save many a young fellow from the blast and blight of a befouled manhood, wrecked by the wretched blunderings of an ignorant youth."

Frederick Anthony Atkins

"Such books as yours have long been needed, and if they had appeared sooner many a social wreck, whose fall was due to ignorance, might have been saved."

"What a Young Husband Ought to Know".

WHAT EMINENT PEOPLE SAY

Chas. M. Sheldon, D. D.

"I believe the book will do great good, and I hope its message may be used for the bettering of the homes of the world."

Rev. F. B. Meyer, B. A.

"I greatly commend this series of manuals, which are written lucidly and purely, and will afford the necessary information without pandering to unholy and sensual passion."

Hon. S. M. Jones

"I am glad to say that my study of it indicates that you have been led by a pure love for your kind to write one of the most helpful and valuable books that it has been my privilege to see in many days."

Bishop John H. Vincent, D. D., LL. D.

"Straightforward, clean, kind, clear and convincing. A copy ought to go with every marriage certificate."

Rev. Newell Dwight Hillis

"It is a wholesome and helpful contribution to a most difficult subject, and its reading will help to make the American home happier and more safely guarded."

Rev. A. C. Dixon, D. D.

"I take pleasure in commending it to husbands, young and old. The vice of ignorance on these delicate but important subjects has done much to increase the business of divorce courts and wreck homes."

Amos R. Wells

"The race would be infinitely stronger in body and soul if all husbands would obtain this book and follow its precepts."

"What a Young Girl Ought to Know."

BY MRS. MARY WOOD-ALLEN, M. D.

Condensed Table of Contents

PART I

The origin of life—One plan in all forms of life—How plants grow from the seed—They feed on the soil, grow and mature—How the plant reproduces itself—The flower, the pollen, the pod, the seed—The office of bees and insects in fertilization.

PART II

Fishes and their young—The parent fishes and the baby fishes—The seeds of plants and eggs of fishes, birds and animals—How fishes never know their baby offspring—Warm blooded animals—Lessons from birds—Their nests, eggs and little ones.

PART III

Animals and their young—The place which God has prepared for their young—Beginning their independent life—Human babies the most helpless and dependent of all creatures—The relations of parent and child—The child a part of each parent—Heredity and its lessons.

PART IV

The value of good health—The care of the body—The body a temple to be kept holy—Girls should receive their instruction from their mothers—The body the garment which the soul wears—Effects of thoughts upon life and character—Value of good companions, good books and good influences—What it is to become a woman.

Price { $1.00 / 4 s. } net, per copy

"What a Young Girl Ought to Know"

WHAT EMINENT PEOPLE SAY

Francis E. Willard, LL.D.

"I do earnestly hope that this book, founded on a strictly scientific but not forgetting a strong ethical basis, may be well known and widely read by the dear girls in their teens and the young women in their homes."

Mrs. Elizabeth B. Grannis

"These facts ought to be judiciously brought to the intelligence of every child whenever it asks questions concerning its own origin."

Mrs. Harriet Lincoln Coolidge

"It is a book that mothers and daughters ought to own."

Mrs. Katharine L. Stevenson

"The book is strong, direct, pure, as healthy as a breeze from the mountain-top."

Mrs. Isabelle MacDonald Alden, "Pansy"

"It is just the book needed to teach what most people do not know how to teach, being scientific, simple and plain-spoken, yet delicate."

Miss Grace H. Dodge

"I know of no one who writes or speaks on these great subjects with more womanly touch than Mrs. Wood-Allen, nor with deeper reverence. When I listen to her I feel that she has been inspired by a Higher Power."

Ira D. Sankey

"Every mother in the land that has a daughter should secure for her a copy of 'What a Young Girl Ought to Know.' It will save the world untold sorrow."

"What a Young Woman Ought to Know"

WHAT EMINENT PEOPLE SAY

Lady Henry Somerset

"An extremely valuable book, and I wish that it may be widely circulated."

Mrs. Laura Ormiston Chant

"The book ought to be in the hands of every girl on her fifteenth birthday, as a safe guide and teacher along the difficult path of womanhood."

Margaret Warner Morley

"There is an awful need for the book, and it does what it has undertaken to do better than anything of the kind I ever read."

Mrs. May Wright Sewall

"I am profoundly grateful that a subject of such information to young woman should be treated in a manner at once so noble and so delicate."

Elizabeth Cady Stanton

"It is a grave mistake for parents to try to keep their children ignorant of the very questions on which they should have scientific information."

Lillian M. N. Stevens

"There is a great need of carefully, delicately written books upon the subjects treated in this series. I am gratefully glad that the author has succeeded so well, and I trust great and enduring good will be the result."

Mrs. Matilda B. Carse

"It is pure and instructive on the delicate subjects that mean so much to our daughters, to their future as homekeepers, wives and mothers, and to the future generations."

"What a Young Wife Ought to Know".

WHAT EMINENT PEOPLE SAY

Mrs. Margaret E. Sangster

"Joyfully I send you my unqualified endorsement of the excellent book, 'What a Young Wife Ought to Know.' I wish every young and perplexed wife might read its pages."

Charles H. Parkhurst, D.D.

"It handles delicate matters in a manner as firm as it is delicate, and dignifies even what is common by the purity of the sentiment and nobility of intent with which it is treated."

Marietta Holly (Josiah Allen's Wife)

"It is an excellent book; if every young wife of to-day would read it and lay its lessons to heart it would make the to-morrow much easier and happier for all of Eve's daughters."

W. G. Sperry, M.D.

"Young wives, for whom this book is intended, will receive great benefits from heeding its wise words. It is good for incitement, guidance, restraint."

Mrs. Joseph Cook

"It illuminates the Holy of Holies in the most sacred of earthly relationships with the white light of truth and purity."

Julia Holmes Smith, M.D.

"Be sure Dr. Drake's book is part of your daughter's outfit. I have never read anything which so thoroughly met the use it was designed for as this volume."

J. P. Sutherland, M.D.

"A subject difficult to treat has been handled by Dr. Drake with delicacy, earnestness and straightforwardness. It is a practical book destined to do good."

"What a Woman of Forty-five Ought to Know"

PRAISED BY THE PRESS

"Will dispel apprehensions aroused by groundless forebodings."—*Reformed Church Messenger.*

"If the hygienic advice in this book is followed it will lengthen the lives of women and make their closing years the happiest and most useful of all."—*Herald and Presbyter.*

"In no line of literature, perhaps, is such a book so much needed."—*New Haven Leader.*

"Those who peruse the book only from prurient curiosity will be disappointed."—*Cleveland World.*

"Should be read by every woman nearing and passing middle life."—*Pittsburg Gazette.*

"Written in that wholesome sympathetic manner characteristic of all the books in the Self and Sex Series."—*Cleveland Daily World.*

"Full of most admirable practical advice, and it is written in a sympathetic manner which is the outcome of oneness of sex between the author and those whom she addresses."—*Syracuse Herald.*

"There are some things that a woman of forty-five does not know—things which she regards with more or less terror in the expectation—which terror it is the object of Mrs. Drake to dispel."—*Rochester Herald.*

"There is nothing in the book that could not be proclaimed from the house-tops, and there is everything in it that intelligent and thoughtful women should read and keep for their daughters to read when the proper time comes."—*Newark Daily Advertiser.*